Chichester Herald

Friday 7th March 2014
YOUR FREE WEEKLY NEWSPAPER
www.chichesterherald.co.uk @cbtherald

INSIDE

I've already got everything I need," he said
TOMMY BOYD
Page 4

Win a meal for 2 at Murrays, at the Ship Hotel
COMPETITION
Page 14

Win tickets to see The Monuments Men
COMPETITION
Page 20

Campaigner Kerry passes away

>> *Pancreatic cancer sufferer who starred in controversial 'I wish I had breast cancer' advert dies aged 24*

Susanna Reed
NEWS@CHICHESTERHERALD.CO.UK

A BRAVE local woman who led a controversial pancreatic cancer awareness campaign on TV has died from the disease at the age of 24.

Kerry Harvey, from Bognor Regis, died in hospital less than a year after being diagnosed with a rare form of the disease.

The St Richard's Hospital office worker hit the headlines earlier this month when she appeared in the 'I wish I had breast cancer' advert.

The slogan was intended to highlight the poor survival rate for pancreatic cancer patients compared to other forms of the disease.

But it led to an outcry from the breast cancer charities and 118 formal complaints to the Advertising Standards Authority.

Pancreatic cancer patients in the UK have a 3% survival rate after five years compared to 85% for breast cancer.

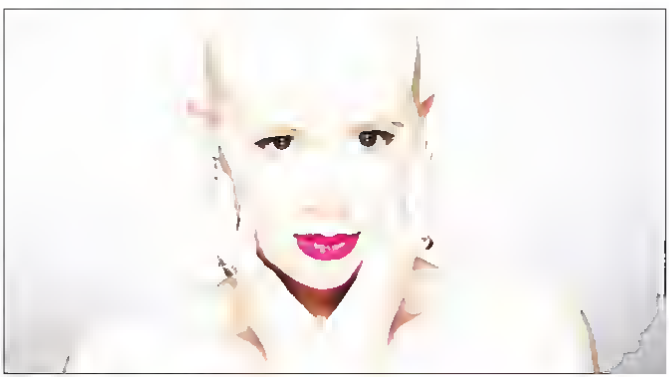
Kerry married her boyfriend Matt Biggins, 30, a couple of weeks ago in a Birmingham hospital just three days before she died.

This week Mr Biggins said he and Kerry's family were devastated by her death.

He said: "Kerry did so much to raise awareness for this terrible illness.

"She has brought global attention to a cancer that receives just 1% of national funding."

Continued on page 3



Kerry Harvey has lost her fight with cancer

MORE HEADLINES >>

25 JOB LOSSES IN CITY CENTRE — Page 3

FINANCIAL SUPPORT FOR FLOOD VICTIMS — Page 8

SUMMERSDALE WINS 'INDEPENDENT TRADE PUBLISHER OF THE YEAR' — Page 19

Kaliko
Business Development Consultancy

Based in Chichester, Kaliko Consultancy offers personal business development services to small and medium sized businesses in the local area.

Services include:

- Lead generation
- Localised sales and marketing
- Client representation
- Strategic planning
- Market analysis
- Content writing
- Business consultancy

Contact Kaliko Consultancy for a FREE consultation*

07729 121562 kate@kalikoconsultancy.co.uk www.kalikoconsultancy.co.uk

VALUATIONS FOR
INSURANCE AND PROBATE

On JEWELLERY & WATCHES

TOP PRICES PAID

PRESTIGE WATCHES

We purchase many more makes of Swiss Watches

TAG Heuer · Jaeger-LeCoultre · Raymond Weil · GUCCI · OMEGA

CASH GIVEN FOR SCRAP GOLD

ID Required

LOWERY JEWELLERS

74 North Street, Chichester, West Sussex, PO19 1LQ
Tel: 01243 789518 Email: lowery@btconnect.com

FOLLOW US ON TWITTER
@chiherald

Pancreatic cancer sufferer who starred in controversial 'I wish I had breast cancer' advert dies aged 24

Continued from page 1

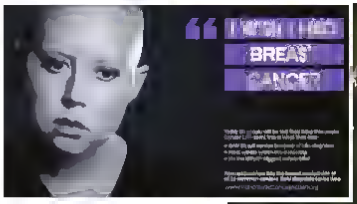
The Pancreatic Cancer Action charity said it was "deeply saddened" to hear of Kerry's death and paid tribute on its website.

A statement said: "She was a brave and courageous young woman who touched so many hearts with her determination to raise awareness of pancreatic cancer despite being very ill herself.

"We are so grateful to her contribution to our awareness campaign. Her strength and fortitude, we and other pancreatic cancer sufferers, their families and friends, are very grateful for.

"We will never forget Kerry who will be dearly missed, and remain in the hearts and thoughts of all of us at Pancreatic Cancer Action."

In the weeks before her death, she defended her comments and appeared on national television in a bid to raise the profile of the charity.



Terminally ill Kerry defended her comments on Twitter, saying: 'Some breast cancer charities/patients etc have been upset. Understand why & sympathise but don't regret it #kerryswish."

Speaking to the Mail on Sunday last month, she also said: "I know I upset a lot of people by saying what I did, but it's true.

"If I had breast cancer rather than pancreatic cancer, it is almost certain I wouldn't now be dying. Instead, I've been told I've only got four to five months to live.

"Hopefully, the campaign will lead to more money being spent on research into pancreatic cancer. It won't help me, but I hope it will mean others will have a better chance than I have."

Let us know what you think @Chiherald

Mr Biggins says that it is important to his family that Kerry's legacy lives on

35 job losses in city centre

35 jobs have been lost at a company based in Metro House

AROUND 35 staff in Chichester have been made redundant at construction group Macob which went into administration this week.

The bulk of the job losses were at Macob's Cardiff head office with 145 redundancies made there with the rest at regional offices in Metro House, Chichester.

The firm was placed in the hands of administrators Begbies Traynor on Tuesday who decided to cease trading immediately.

John Roberts, chairman of the Macob group, said: "The prevailing trading conditions have made it impossible for the contracting companies to win work at viable rates."

Macob was established in 1961 and had a turnover of £40m from its contracting, development and support services divisions.

Administrator John Kelly said: "We're still in the stages of making initial assessments but every effort will be made to ensure all assets are realised and that maximum recoveries are achieved for the creditors."

Anorak Corner

Interesting snippets of information about Chichester

Motor racing legend Stirling Moss's International career ended at Goodwood motor circuit when an accident happened at St Mary's Corner in 1962

PRIVATE NURSING HOME FOR THE ELDERLY
WESTHAMPNETT HOUSE
everything matters!
Well known in the area for providing a high level of care Westhampnett House is set on 3.5 acres of West Sussex's finest parkland, on the outskirts of the historic city of Chichester.
Boasting its own listed Dovecote Pond, Apple Orchard and Stunning Gardens the handsome Grade II listed Georgian building together with later additions provide an idyllic setting for the nursing and recovery of the 32 residents that our Home caters for.
We promise good warm old fashioned care and hospitality. Come and visit us to experience this. We offer Full Nursing Care, Respite & Short Stays.
Westhampnett House, Stane Street, Chichester, PO18 0NT
Tel: 01243 782986 Fax: 01243 778935
admin@westhampnetthouse.co.uk

Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@MidhurstWeb
Event: Charity quiz in aid of Sport Relief at the Bluebell #Midhurst #Petworth #Chichester http://ow.ly/3hNpyA

@KatrinaHilnot
Busy afternoon training a new starter #greatexperience #247apprentice #naw2014 @ Apprenticeships @Chichester_Biz @capitaloealgov

@AmandaDuquenoy
New job! Very excited to be involved in Taste! Artisan Food Festival Chichester Why not check it out and come along! http://www.tastefestival.net

@DawnGracie
Date for your diary! #burlesque #Chichester and even better it's a BONG YOUR OWN!!

@thesmtjones
Heads up to RSCM Sussex choirs who are singing 'Loving Wisdom' at Chichester Cathedral next Saturday afternoon ...

@WhiteBarnBosham
Happy Pancake Day everyone! Its a beautiful morning in #Bosham a day to the garden beckons methinks

@HonestCelt
off to west wittering to do some #birding hope I see something interesting although may be too hot for them @SussexBirding @SussexWildlife

@nickfoxesfe
Save up their money for a holiday To Selsey Bill or Bracklesham Bay Almost that time of year for jollies "

@Goodwood_Races
We're losing a bit of Naughty Boy in the office today - getting prepped for Three Friday Nights!

@BillieRaePhoto
Ate in the Bay Tree in Arundel this evening The food was gorgeous, the atomsphere wonderful and the staff a pleasure. Nom nom nom

"I've already got everything I need," he said

UKRAINE

Putin and Obama are spending time together on the phone talking about Ukraine It's said by experts that Putin is playing a game of chess while Obama is playing marbles

THE UKRAINE CRISIS AND US

In Britain we are told the worst thing that could happen to the UK if the Ukraine crisis worsens is a bread shortage The second worst thing is the economic recovery could stall- what with the Footsie dropping

FOOTSIE

I only played footsie once, for ten minutes with Jackie Condon in the sixth form execution room No one but us knew our feet were smooching under the desk. Bliss

ECONOMIC RECOVERY

Our recovery is based on the Hair Of The Dog principle We woke up one morning with a massive economic hangover We tried drinking water and sleeping In the end we ordered another stiff cocktail of borrowing: a "quantitative easing and help to buy on the rocks" Waaa Haaay!

MATERIALISM

Funny how the press try to make the Ukraine crisis relevant to us in terms of our materialistic needs Meanwhile the Ukrainians are driven by freedom Independence and courage And the Russians are driven by pride and honour They might all be stupid men (and it's all about men) but they are all very exhilarated by the righteousness of their cause

ESTATE AGENTS

Estate agents continue to hold the key to our economic recovery If they get their valuations right we'll be back to where we were in 2007

EXHILARATION IN MEN

I wonder how many estate agents and general desk dwellers would secretly love to swap their keyboard for a weapon with which to do something noble and dramatic I'm guessing 91%.

EN SUITE

What is the big deal about en suite bathrooms? I hate the idea Yet estate agents reckon it's the dog's you-know-what. It's to do with the Feenehness "En suite" I don't want to be toiletting in my boudoir Suppose we remained true to our Anglo-Saxon lingo and estate agents had to say "The property has four bedrooms two of which benefit from being combined bog/ loss holes"

PAGHAM

I opened a Charity shop in Pagham this week And was permanently changed by the experience For the better

DO NOT FAIL TO READ THIS NEXT PARAGRAPH

I went down to The Parade in Pagham, where people were opening a shop. People is a great organisation they involve the people they help in the day-to-day of their work I met about 100 really fine people volunteers trustees and others Got talking to a young man maybe a teenager who was seated he had his clothes under his chair Most of us have no experience of clothes he'd needed them I suspect, from the start He told me he liked working in the People shops enjoyed sorting the donations of clothes and other stuff as it came in I asked him if he was allowed to put a bid in for anything he liked This is what he replied "I suppose so But the thing is I've already got everything I need"

"I'VE ALREADY GOT EVERYTHING I NEED"

"I've already got everything I need" Is about the most profound thing anyone has ever said in my hearing

WHAT DO WE NEED?

Whether you're Bill Gates ($79 billion) or a young Pagham man to whom things mean nothing maybe what we need to be truly happy the most exhilarating human possession is a purpose to protect and fight for those you love Defending your family if necessary with your life

JOKE

What do you call a fly with no wings?
A walk

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

Chichester Herald
FREE EVERY FRIDAY
Twitter: @chiherald
Suite 89 - 96 The Hornet Chichester West Sussex PO19 7BB 01243 200999
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Chichester College plus **422 newspaper stands** in the area Chichester Herald is also in all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick up point areas and businesses delivered to include
Aldwick Arundel Barnham Bognor Bosham Bracklesham Chichester Emsworth Fontwell Goodwood Midhurst Nyetimber Pagham Petworth Rose Green Selsey and East & West Wittering

Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges
megan.hedges@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

Business Development Manager
Kate Hobson
kate.hobson@chichesterherald.co.uk

It really does work... the testimonials
Furniture & More based in Terminus Road say "We set a couple weeks boring coffee in the they picked up a Chichester Herald from the stand in the cafe They were in Chichester looking for furniture Having seen the advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

recycle
Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper

Printed by Iliffe Print www.iliffeprint.co.uk

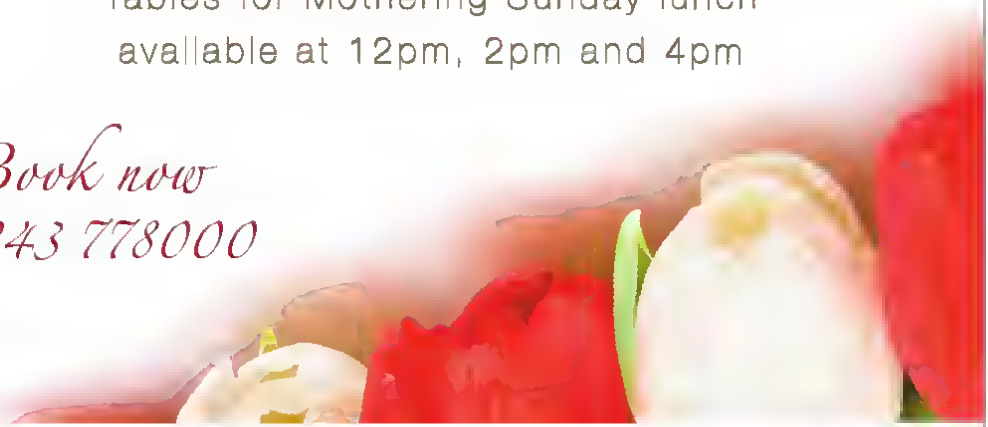
Mother's Day at Murrays

2 courses £19.50

3 courses £24.50

Tables for Mothering Sunday lunch available at 12pm, 2pm and 4pm

Book now
01243 778000



Murrays, Northgate, Chichester www.murrays-restaurant.co.uk

Full Council backs proposals for small council tax increase

CHICHESTER DISTRICT COUNCILLORS have agreed a small increase in council tax of just 5p per week for the average home in order to protect frontline services and protect vulnerable residents

A meeting of the Full Council met on Tuesday and voted unanimously to raise its portion of the council tax by £2.02 for the average home (Band D property) – amounting to just 5p extra per week.

Despite the rise Chichester District Council continues to charge one of the lowest council tax rates in the country due to the amount of efficiencies it has made over the past few years

Currently, the highest charging district / borough in West Sussex charges the average taxpayer £5.27 a week. This is almost double what Chichester District charges (£2.66 a week), with the small council tax increase the average rate will rise to about £2.71 a week for the average taxpayer

The council has balanced its budget through a £1.57million savings plan approved last year, despite a reduction in government funding of £634,000 for 2014/15.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says: "We have always managed our taxpayers' money wisely. This includes making major savings, in order to respond to cuts in Government funding

"By limiting the increase for the average taxpayer's bill by 5p a week, it will help us to continue to protect the most vulnerable in the district; protect key services, and invest the New Homes Bonus into areas where new developments are built in the district. We have also promised to continue to protect parish councils from the budget implications of the revised Council Tax Support Scheme in the next financial year.

"We will still be offering one of the lowest district / borough council tax rates in Sussex and excellent value for money. We know that times are hard for everyone, but we believe that our taxpayers will understand why we have to make this modest increase. This will both strengthen our finances and help us to protect our services at a time of great uncertainty

"In the past couple of years we have achieved a range of efficiency measures while protecting valuable services. Among the savings are £300,000 from a senior management restructure. We will continue to use the taxpayers' money wisely and to make savings where we can."

Chichester District Council provides over 80 services, which are delivered over a 24 hour period. It empties bins, checks food hygiene standards, cleans the streets, looks after the coastline, cares for parks and open spaces and provides support and reassurance to the vulnerable – to name just a few services.

Although the council collects the council tax, this is then distributed to a number of public services. The council's share amounts to around 9.5% of the amount paid each year. The rest goes to West Sussex County Council (76%), the Sussex Police and Crime Commissioner (9.5%), and parish councils (3% on average). Each authority makes its own decisions about its council tax increases independently

Warning over 'NekNomination' risks

PEOPLE in the Chichester district are being warned about the possible risks of taking part in online crazes such as the controversial 'NekNomination' drinking game

The social media trend challenges people to film themselves drinking large amounts of alcohol. It has been growing in popularity with young people across the country and has recently been linked to the deaths of several people.

A 29-year old man from Cardiff is believed to have died after downing a pint of vodka and dying hours later and a 20-year-old man from Essex who was living in London died after he was apparently dared to drink something "messed up".

Councillor Eileen Lintill, Chichester District Council's Cabinet Member for Wellbeing and Leisure Services, says the craze raises concerns that those taking part are putting themselves at risk

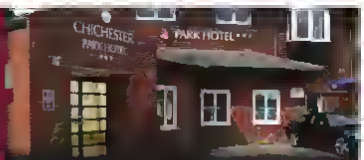
"I would urge people not to participate in any drinking games whether online or in company. This doesn't mean that people can't enjoy a drink, but drinking irresponsibly should be avoided. I'd encourage people to moderate their drinking and enjoy social activities that are not centred around alcohol

"If people would like advice they can contact Chichester Wellbeing service or a new alcohol advice line."

Chichester Wellbeing is a free service that supports adults and families to make small changes to their lifestyle to improve their health. For more information about Chichester Wellbeing email info@chichesterwellbeing.org.uk or call 01243 521041.

A new Alcohol Advice Line has been set up in West Sussex to provide information and support to people who may have concerns about their drinking. To contact the service call 01243 642181.

CHICHESTER
Park Hotel
★★★
TO MAKE A RESERVATION CALL
01243 817400



WHY YOU SHOULD STAY AT
Chichester Park Hotel

Take a stroll in the Sussex countryside and rolling South Downs. Explore the city's pride and joy, the Cathedral and the heritage of Arundel Castle.

Chichester Park Hotel is the ideal place to stay for visiting the historic city, as well as a offering perfect wedding venue or conference facilities in Chichester

Visit our website for more information on why Chichester Park Hotel is ideal place to stay in West Sussex.

Whether you're looking for a place to rest your need after a long day, or somewhere to grab a bite to eat, a place to have your wedding day or to host a special event, or you need to work-out or pamper yourself (because you deserve it), our rooms, restaurant, venue facilities, leisure facilities and spa mean you'll have everything you could possibly need to have a great stay at Chichester Park Hotel.

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel: 01243 817400 www.chichesterparkhotel.com

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

LET IT BE
MAYFLOWER THEATRE
SATURDAY 17 MAY 2014
£48 per person

Come Together and experience the iconic music of The Beatles with LET IT BE, the spectacular concert jam-packed with over 40 of The Beatles greatest hits! Direct from the West End, this international hit show celebrates the legacy of the world's greatest rock 'n' roll band.

Seats in Mid Stalls on matinee performance

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 860800

Park Road, Bognor Regis, West Sussex, PO21 2PX

Woman charged with conspiracy to burgle gold jewellery

A WOMAN has been charged with conspiracy to burgle in Sussex.

Claudia Santos, 39, of Portal Close, London has been charged with three offences of conspiracy to burgle in connection with the burglary of Asian gold.

She has been charged with conspiracy to burgle between September 17, 2012 and October 11, 2012. The offences in Sussex are Langley Drive, Crawley on September 18, 2012, Hillside Road, Hastings on September 20, 2012, Kensington Road, Chichester on October 2, 2012, Churchmead Close, Chichester on October 2, 2012.

She has also been charged with conspiring to burgle two address in Worcester, Saltwood Avenue and Victoria Avenue on October 3 and two in Horley Road, Redhill on September 18 and Quantock Drive in Ashford, Surrey on September 24.

Santos has charged with conspiracy to burgle between January 14, 2013 and February 2, 2013 for six offences including Walnut Lane, Crawley on January 29, Banks Road, Crawley on January 29 and Southgate Drive, Crawley on January 29. She had also been charged with conspiring to burgle in Mayor Walk on January 16 and Glebe Road on January 25, both in Peterborough, and Hook Hill Park in Woking on January 30.

She has also been charged with conspiracy to burgle between February 9, 2013 and February 17, 2013 for four offences, including Gossops Green Drive, Crawley on February 12. The other three offences were in Velder Avenue, Southsea and Teboura Drive, Gosport both on February 11, and Earlsbrook Road in Redhill on February 12.

Santos appeared at Lewes Crown Court on February 27, she will next appear on May 14.

Man found guilty of manslaughter

Walter Brazil has been jailed for 12 years

A MAN has been found guilty of manslaughter after he hit a man with his car following a dispute in Rowan Way, Bognor, last year.

Walter Brazil, 42, of Collyer Avenue, Bognor, had denied murdering 20-year-old Charlie Hancock on 13 May. The jury found him not guilty of murder but guilty of manslaughter. He has been jailed for 12 years.

A trial at Lewes Crown Court heard the two were travelling in a Chrysler Voyager vehicle being driven by Brazil. There was an argument and Mr Hancock got out of the car. Brazil then hit him with the car and drove off.

Mr Hancock, of Nyetimber Lane, Pagham was taken to St Richards Hospital, Chichester, at 10pm but sadly died from a severe head injury in the early hours the following day.

Brazil was arrested and charged with murder.

After the case Detective Inspector Wendy Burton from Surrey and Sussex Major Crime Team said: "We are pleased that Charlie's family have got justice for his death. This has been a difficult time for them and our thoughts and sympathies are with them."

Driver dies after collision at Arundel railway station car park

POLICE are investigating a collision in the car park of Arundel Railway Station on Saturday (1 March).

At about 6.24pm, a light blue Fiat Dublo collided with a ticket machine at the exit to the station car park.

Despite prolonged resuscitation efforts by paramedics for over an hour, the driver of the car, a 68-year old man from Littlehampton, sadly died at the scene.

A five-year old girl from West Lavington who was the passenger in the car suffered a slight head injury.

Sergeant Rob Baldwin said: "Anyone who witnessed the collision is asked to contact Sussex Police on 101, or by email to collision.appeal@sussex.pnn.police.uk quoting Operation Meltham."

Open Morning at Brinsbury
The Countryside Campus of Chichester College
Saturday 15th March 10.00am - 1.00pm

Our friendly, expert staff are looking forward to meeting you at our open morning.

You can take a look around our facilities, including the farm, equine centre and brand new animal care unit, dog grooming parlour and floristry shop.

Meet our award winning 'Ideal Home Show' horticulture team, enjoy a coffee in Costa and explore courses and careers in areas as diverse as agriculture, vet nursing, blacksmithing, engineering, floristry, animal care, equine and more.

Find out about student life at Brinsbury, why our students love studying here, travel & finance help and our stunning results!

For more information please call (01243) 786321 or visit www.chichester.ac.uk
Brinsbury Campus | Chichester College | North Heath | Pulborough | West Sussex | RH20 1DL

Brinsbury
The Countryside Campus of Chichester College

Financial support for flood victims

FOLLOWING the recent winter storms in the district, Chichester District Council is highlighting the financial support that is available to those affected by flooding.

A number of schemes to help businesses and homeowners recover from flooding since 1 December 2013 have been announced by the Government:

- The Repair and Renew Grant. All homeowners and businesses that have suffered flood damage between 1 December 2013 and 31 March 2014 may be eligible for a grant. Grants will be available to fund measures that will improve a property's resilience or resistance to flooding over and above and not duplicating repairs that are normally covered by insurance. Full details about how this fund will operate have not been released by Government and more information will be available on our website as soon as the details are finalised.
- Business Rates Flooding Relief. Business properties that have been flooded may be eligible for 100% business rate relief for three months. Eligible business properties that have been flooded on any day between 1 December 2013 and 31 March 2014 are entitled to apply.
- Council Tax Discounts. Council Tax discounts are available to homeowners whose homes have been flooded at any time between 1 December 2013 and 31 March 2014.
- Business Support Scheme. The Government has provided funding to Chichester District Council to offer one-off grants to small and medium sized businesses that have been affected by flooding since 1 December 2013. Eligible businesses for this grant are those that have suffered hardship and significant loss of trade as a result of flooding.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says: "We recognise that, in many cases, sorting out the damage caused by flooding is as traumatic as the actual event itself. It is important that residents affected by these problems know what financial support is available to them. We are keen to make sure the application process is straightforward and that the benefit quickly gets to where it is most needed."

If your home or business property is within the Chichester District and has been affected by flooding since 1 December 2013 and you think you may be eligible for one or more of the above schemes, please see our website www.chichester.gov.uk and complete an 'Expression of Interest Form' or contact the council on 01243 534512.

Flying the flag for Commonwealth Day

CHICHESTER DISTRICT COUNCIL is gearing up to take part in the inaugural Commonwealth Day flag raising ceremony on Monday 10 March.

The event is an opportunity for communities to mark Commonwealth Day and celebrate the shared goals of democracy, development and respect for diversity.

Around 500 flags are expected to be raised across the UK at 10am on Monday 10 March.

Councillor Martyn Bell, Chairman of Chichester District Council, says: "Chichester District Council is delighted to be taking part in this unique and historical event.

"Flying the Commonwealth Flag is an opportunity for people, wherever we may be, to celebrate the Commonwealth. It allows people to join together with others throughout the Commonwealth in a spirit of respect and understanding and to celebrate the variety and unmatched diversity of our global family of 53 Commonwealth countries."

Cllr Bell will read out the Commonwealth Affirmation just before raising the flag at 10am on Monday 10 March at the district council's East Pallant House offices.

Flags will be taken to the top of the UK's four highest peaks by four charities – Cancer Research UK (Scafell Pike), Help for Heroes (Ben Nevis), Walking with the Wounded (Mount Snowdon) and Fields of Life (Slieve Donard) – and raised at 10am as part of the event.

JOB VACANCY

Experienced Care Assistants, Private Nursing Home

A prestigious care home is requiring experienced care assistants to join their well established team. You will need to have a patient disposition be hardworking and have a real desire to provide the highest level of care to the residents. We expect a professional attitude within the home. We want care assistants that will work well as part of a team but to also be able to use their initiative.

Duties

- Assist qualified staff in the running of the care home
- Maintain high standards of care to the residents
- Maintain a clean and safe environment for the residents and other staff
- Act in a professional manner at all times
- Promote dignity privacy and independence at all times
- Participate in social activities

If you are available to work 18 – 36 hours a week, and have the ability to meet our high standards please apply. All applicants must be eligible to work in the UK. Applicants will need to be over 18 years of age and a DBS check will be required.

Competitive salary

To apply for this role please forward your CV to
Carer Position Westhampnett House
Stane Street, Westhampnett, PO18 0NT
Or email CV to **admin@westhampnetthouse.co.uk**

There are no barriers to changing a child's life

COULD YOU open your home and make a difference to a child's life?

West Sussex County Council is looking for more people to come forward and give a loving and stable home to children who need it most by becoming adoptive parents or foster carers.

LGBT (lesbian, gay, bisexual and transgender) Adoption and Fostering Week runs from Monday, March 3 and it aims to raise awareness and educate prospective parents and carers about the process involved.

Paul and Jay have been foster carers in West Sussex for over a year, and have provided a home to a variety of children and young people.

Paul said: "We don't feel as though we have ever been treated any differently to anyone else at any stage – from applying to actually fostering.

"You just have to be completely honest at every stage – and that's the same whether you are straight or gay and don't expect it to be easy.

"Everyone goes through the same stringent checks during the assessments.

"It is a massive learning curve and it means different family dynamics are being taken into consideration, as the child's needs and feelings have to come first.

"We both love being foster carers – you have a chance to make a difference to a child's life, help them develop and enjoy a stable home. It's challenging, but it's brilliant."

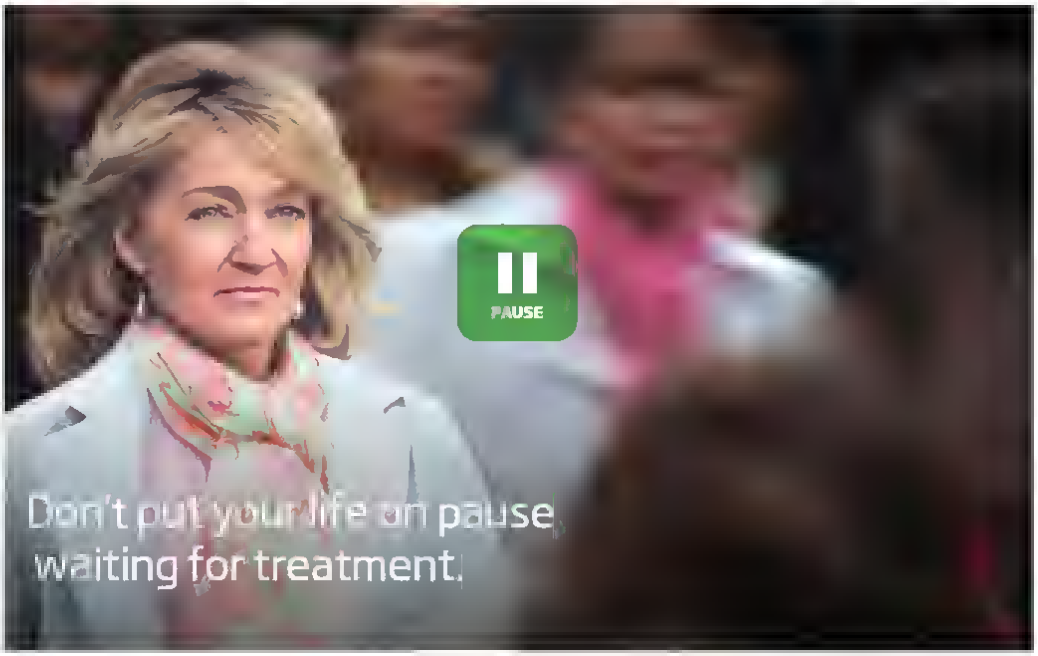
Peter Evans, West Sussex County Council Cabinet Member for Children – Start of Life, said: "Foster carers and adoptive parents can come from all walks of life and people from a variety of backgrounds can apply, regardless of their ethnicity, marital status or sexuality.

"We are looking for people who are patient, energetic, with a good sense of humour and who will treat children and young people as individuals, whilst being able to maintain boundaries and provide the security our children need.

"Our foster carers and adoptive parents provide loving and stable homes to children or young people. They give them safety and security at a time when they need it most and that's an amazing thing to do.'

To find out more about fostering or adoption to get in touch with us, call 0330 222 7775. Alternatively, you can visit www.westsussex.gov.uk/fostering or www.westsussex.gov.uk/adoption respectively.

An LGBT open evening has been organised for people interested in becoming an adoptive parent or foster carer on Tuesday, March 11, from 7pm-9pm. It will be held at Field Place, The Boulevard, Worthing, BN13 1NP.



Get affordable pay-as-you-go healthcare when you need it.

At Nuffield Health Chichester Hospital you don't need health insurance to get the treatment you need. Pay-as-you-go makes private healthcare far more accessible.

You may also be eligible for interest-free credit†, so you can spread the cost without paying more.

The Nuffield Health Promise

Our prices are totally transparent, inclusive of all costs and guaranteed. That means no hidden surprises.

We promise to meet any comparable price*.

Our relationship with you doesn't end when you walk out of our hospitals - there are no time limits on your aftercare**.

Get in touch. And get on with your life.

01243 887 308

nuffieldhealth.com/chichesterpay3

Download our free guide online

Nuffield Health Hospitals

Get the Nuffield Treatment

†Subject to status. Terms and conditions available on request. *Not including private patient units at NHS hospitals. Local area defined as within 15 miles of the Nuffield Health hospital. We will match against written quotes only. **Where possible we promise to assist you to receive any follow up advice, treatment or care that is clinically required from your Consultant for as long as you may require it. If a prosthesis is used as part of your treatment this is guaranteed for the manufacturer's official lifetime of that prosthesis. 'Clinically required' indicates where further intervention and/or monitoring of a patient's condition is deemed necessary as a direct result of surgical intervention.

4H_CE_ChichesterHe .ai8

24-hour news; uncomfortable even for news junkies

Allis Moss

On the Case

A LOT has been happening this week. When we first decided to copy the Americans and bring in rolling news services, we had to accept that often it would be a case of what those of us in the trade call 'filling'. Repeating and 'filling' in with minutia and minute developments in any real news story. Which is why, when Pope John Paul II lay dying, he was arguably the first Pontiff to have a global media circus camped on his doorstep. As a journalist, but not a Catholic, I recall feeling uncomfortable, outraged even, that the dignity of his last hours was being undermined with reports that had little to say but were essentially to fill, while we all waited for the end.

Not filling

Filling has not been a problem this week. On the global stage we have the unnerving simmering of hostilities between Russia and the Ukraine. Moscow has called Kiev fascists. The Crimea, last heard of in Tennyson's Charge of the Light Brigade is the touchstone when Florence Nightingale and Mary Seacole cleaned up nursing in makeshift wards and brought a much needed spirit of caring commitment to the sick. Yes, it sounds as if it could be happening today. And it is. Foreign Secretary William Hague has called the stand-off the worst crisis in Europe of our teenage century, as Russia tests weapons. How does it work if an autonomous region in one country votes by a majority to choose a different leader (as Crimea did in the last presidential elections in supporting the now-ousted Viktor Yanukovych)? Or, following on from that, if Crimea prefers to take up a place within another nation, should we let it? Russia has previously agreed to respect Ukraine's borders. Ukraine wants to keep Crimea. My question is should people in Crimea, which has its own prime minister, get a deciding vote, whichever way that were to go, or should it be the whole nation of which it is currently part that gets to decide the region's fate? Scotland is deciding whether it wishes to stay in the Union or try and rejoin a European collective alone. Many in the UK say all Brits should be getting a vote in this year's Scottish referendum – but we aren't.

Caught on court

The world's eyes are also on another stage in Pretoria, South Africa. If you have the money you can buy premium lawyers wherever you are. I am not the only columnist to find the Oscar Pistorius trial like a real-life John Grisham plot being enacted day by day. The Olympic superstar is accused of murdering his model girlfriend, Reeva Steenkamp. A 24-hour TV channel has opened to transmit the trial giving us a prime spot to watch the defence try and undermine the state's opening witness who said she'd heard a female screaming before the gunshots. The witness, a university lecturer, seemed to be on trial more than the Olympic athlete as the repeated questions went on relentlessly. A British newspaper reporter tweeted that Pistorius' lawyer was much softer with the second witness, who had to be encouraged to relax and was clearly incredibly nervous. Who wouldn't be after watching the grilling the first one got? Witness number two got an easier ride, said the tweet, after being more inclined to say she didn't know. But hammering a nervous lady wouldn't have looked good. It's all a tragedy, just 18 months after I watched Oscar race and win at the wonderful London Paralympics, and was moved to tears. Meanwhile Reeva's mother has said that whatever the verdict she has forgiven the athlete. Magnanimous words indeed and she's a better woman, clearly, than I.

Chichester craters

On the home front, I'm not sure that West Sussex Highways reads this column, but could I urge them to sort out the appallingly dangerous potholes on New Park Road in Chichester? One particular crater is a death trap for cyclists as it is a large, deep hole right where a bike needs to go unless it is to veer out into the traffic. This is not far from the city centre, our fine independent cinema and the university campus. Precisely where students might be cycling amongst others. As the pothole is right by the pavement it could and should at least be levelled with any temporary filler without closing the road.

And finally

We're being asked if we want a sugar tax. It's not a bad idea to help stop rising obesity. But I'd prefer a tax on bad manners. A sort of national swear tin. There's too much rudeness amongst a nation once known for its courtesy. There's too much sourness and not enough sweetness.

Contact Allis: allis.moss@chichesterherald.co.uk

First Steps, Selsey to close in the summer

AFTER CONSULTATION with staff and parents, First Steps Childcare have announced its decision to close the 60 place setting, based at Selsey, in July 2014.

First Steps is a very successful childcare group, which currently has nursery settings in Chichester, Bersted and Pulborough, as well as Selsey. Although owned by Chichester College, First Steps is a separate organisation and very much a commercial business in its own right. First Steps has a first class reputation and has received excellent feedback from Ofsted and from parents, so it was with a wealth of nursery management experience, high hopes and a desire to serve the local community on the peninsula that the Selsey setting was first opened seven years ago.

Unfortunately, due to limited numbers taking up full time places and the high costs associated with delivering first class child care, First Steps at Selsey has never managed to get close to breaking even, let alone making a profit, which is needed to for re-investment and maintaining high quality staff and resources. The rest of the Group, which is profitable, has supported the Selsey setting in the hope that numbers would grow. However, in the face of rising costs across the group as a whole, reduction in Government funding to the parent organisation, Chichester College, and little sign that demographics and nursery take-up will significantly increase in the near future, the decision has been made to close from summer 2014.

Sue Carpenter, First Steps Senior Childcare Manager, said: "It is only after exploring every possible cost cutting and income raising opportunity, looking at current and forecasted take-up and the overall economic situation, that we have come to the very sad decision to close the Selsey setting. We have some amazing staff who do excellent work at Selsey and we hope to be able to offer as many as possible the opportunity of relocating to another of our settings. We are also very sorry to disappoint our existing and also any potential parents but running the nursery is just not financially viable with only around 27 full time equivalent places taken each year compared to the 60 places available. We hope that some of the children may be able to switch to the Chichester setting if parents are working off the peninsula. First Steps is a strong and reputable organisation but to stay this way we have had to make some tough commercial decisions which, unfortunately, have impacted on the Selsey setting. We have not come to the decision to close lightly and we do want to work with parents and others in the local council and community to ensure the closure is as smooth and straight forward as possible."

A spokesperson for the College said: "First Steps is a separately run organisation but it also makes a significant contribution to the overall Chichester College financial position. It is with deep regret that we have explored options to continue supporting the Selsey Nursery and, in previous times we may have been able to do this, but Government cuts and cost pressures are significant for Colleges at this time. We have therefore had to take the tough commercial decision to close the Selsey setting to ensure First Steps continues as successfully as possible but also to contribute to the overall financial stability of the College as a whole. First class childcare will continue at the other First Steps settings, to which we are hoping to relocate some of our Selsey staff and children."

DO YOU KNOW ABOUT THE DISAPPEARING OVEN DOOR?

COME AND EXPERIENCE THE UNIQUE SLIDE & HIDE® OVENS AT YOUR LOCAL NEFF DEALER.

This is where you can see the very best of Neff, beautifully and clearly displayed With Neff experts on hand to take you through all the innovative new features, answer your questions and explain how things work when you are looking to update your Neff appliances.

COVERS
Timber & Builders Merchants

Station Yard, Bognor Regis,
West Sussex PO21 1BT
01243 863100
www.covers.biz

Quarry Lane, Chichester,
West Sussex PO19 8PE
01243 785141
www.covers.biz

NEFF
MasterPartner®

CHSB head to the Premiership

CHICHESTER High School for Boys are delighted to be working with Chelsea FC Foundation in a mentoring scheme www.chelseafc.com/foundation

Ten students have been working hard on the elements that transform young hopefuls into the elite players and coaches that will participate in Brazil this summer.

The project, which started this January, is a unique opportunity for our boys to work on all aspects of football life. So far the team have developed coaching programmes, worked on basic fitness and as well as basic nutrition. The next phase would give students the opportunity of becoming qualified coaches which could lead to them completing some outreach work.

Nick Brown, Assistant Headteacher, said: "This project is more than about football. Gerry Murphy and Craig Seacombe, our Chelsea FC Foundation coaches, are working with the boys and teachers to maximise progress in and out of the classroom. I know these students will give back to grass roots football too. They have made a fantastic start!"

Westbourne receives £10,000 community support

A £10,000 DONATION from The Southern Co-operative store in Westbourne has been shared between Westbourne Primary School PTA and the Good Companions Club following the success of the store's Community Support Card scheme.

The Southern Co-operative runs the Community Support Card (CSC) scheme at selected stores across the south, and last July launched the scheme at the Westbourne store for the first time, pledging to donate up to £10,000 with the backing of customers. Retail Business Manager, David John Morgan, explained: "Our Community Support Card scheme makes a real difference to local good causes and we're delighted to be able to support our community like this." He added: "The scheme doesn't cost our customers anything to support; they simply needed to have a free CSC card, which we give out free, and have this swiped each time they shop here. The more cards are swiped, the quicker The Southern Co-operative donates towards the total."

Westbourne Primary School PTA has received £7,500 with a further £2,500 going to the Good Companions Club. Steven Potter, Headteacher at Westbourne Primary School, said: "I want to thank The Southern Co-operative for this donation. Our swimming pool needed to be relined and with this money we have been able to do the work needed so that the pool is ready for the children to enjoy in the summer term." Members of the Good Companions, whose club is for locals aged over 55 meets fortnightly at Westbourne Club, will decide how their donation will be spent; activities available include outings, events and a regular social group and lunches. www.thesouthernco-operative.co.uk

ANIMAL RESCUE CENTRE

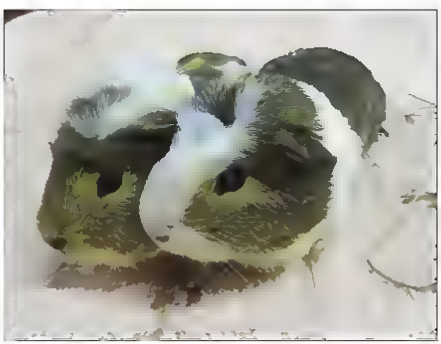
Adopting a guinea pig

We have lots of lovely pairs of guinea pigs at the centre. Guinea pigs would naturally live together and thrive on the company of other guinea pigs. Compatibility between guinea pigs is usually determined by personality and they can happily live in same sex pairs. At the centre we don't generally neuter our guinea pigs because it is such a big operation and can be very hard on them. But of course all our animals are for pets only and not to be used for breeding, there are already too many unwanted animals.

Espresso and Mocha have been with us since they were 7 weeks old in September 2013. These sweet brothers are still young at only 8 months old and are our longest resident guinea pigs, they long for a home together with loving owners.

Bangers and Mash are 9 month old brothers who have been with us since November when they arrived from another rescue centre. Bangers is mottled black and Mash white, black and ginger. These two boys have really friendly outgoing personalities and are easy to handle.

Cream Soda, a fuzzy white, ginger and brown guinea pig and her sister Lilt, a black and white



Espresso and Mocha are the longest resident guinea pigs. They long for a home together with loving owners

pig were only 5 weeks when they arrived. At nearly 9 months old now they would love to find a new home together.

If you are thinking about adopting a guinea pig why not come see us at the centre every Sunday 2.00 - 3.30pm. All homing is subject to a Pre home visit. The centre asks for a minimum donation of £10 for each guinea pig. We only rehome guinea pigs in pairs or singularly if you have a guinea pig already. We also have the time and expertise to bond guinea pigs giving them the best chance possible.

Homing by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409.

The Moral High Ground

Mia Edwards

A FEW weeks ago, somebody told me that I was moral. As it came from a person that I don't particularly like, I took it badly. I felt like I was being told that I was boring and couldn't have fun. I don't know why, but I did.

The thing is, I've always been 'the sensible one'. At times it's bothered me, and at times it's definitely worked to my advantage. It means that I get into less trouble, and that I can trust myself not to do anything stupid (generally). But what irritates me, (and let me know if this is too sensible for you) is when people say 'yeah I'm really bad'. What I do is against what I would normally say. But because I've just admitted that, it's fine for me to do whatever I want – I'm openly a bad person, so it's OK.'

I don't understand why you wouldn't just let yourself create your own rules, and follow them. I've always felt strongly that you shouldn't just let yourself be influenced by other people, because if you disagree with them but follow them anyway, it's the most degrading thing. It's like you're just resigning yourself to the fact that you can't put up a fight for something that you believe in. I've seen friends give into it on more than one occasion, and it changes a person immediately, because something inside them has given up. That sounds way more dramatic than I meant for it to, what I mean is, if you believe something is wrong, you shouldn't doubt yourself for feeling that. There's a reason for it, and the world would be pretty boring and a tad dangerous if people never spoke up.

Just to make any readers feel better, I have a maaaaajor thing with smoking. I really hate it, even at parties when I'm not in a state to make what I'd normally consider to be the right choices, you will never see me smoking. Friends have tried to shove fags into my mouth, people have smoked around me, and I will not budge. That's just not me. Fair enough, it's maybe not fair of me to tell other people not to do it and there are times when I do that way too much. But equally, it's wrong when people tell me I'm being too sensible about it and that I should relax like them. Maybe relaxing about some things is not the way to go. Maybe letting yourself feel something is wrong is braver than telling yourself that it's right.

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS
TRANSFORM YOUR HOME FOR LESS
UPTO 45% off WINDOWS
DOORS FROM £599
Including VAT & Fitting!
Huge Savings on Conservatories & Orangeries
Aluminium & PVCu Bi-fold Doors
VISIT OUR ROSE GREEN SHOWROOM
01243 268777
www.BritanniaWindows.co.uk
BRITANNIA CONSERVATORIES
WINDOWS • DOORS

MRC art students enter international arena

(Photography Janet Gibbs)

THE MIDHURST ROTHER COLLEGE Art Department has entered the exciting International High School Arts Festival 2014, with the winning student visiting the exhibition in Japan.

The College have put forward three pieces of work by Year 10 students Cameron Black, Eleanor Godsman and Imogen Reed, entitled Shooting Star, Teardrop and St Paul's respectively.

Claire Hamer, Teacher of Art, said "Our students feel passionate about their subject and I am very proud of the work they have achieved, each piece showcases the students developing skills and ideas beautifully."

This year the voting system allows students and members of the public to vote for their favourite entry via Facebook. A photo of each piece of art will be uploaded to the United Learning International High School Arts Festival 2014 page on Facebook, and the number of likes each piece receives will contribute to the final score. The voting will be live for one week from 1pm on Monday 3 March, until Monday 10 March 2014.

Midhurst Rother College encourage you to support our students and take a look at the Facebook page voting for our 3 entries.

Please find the link below to vote: https://www.facebook.com/unitedlearningartsfestival2014

Photo of the week

#Chichesterphoto

The Witterings @The_Witterings Mar 3rd 2014
Jolliffe Road at High Tide this Monday lunchtime @chiherald #Waves

Win a meal for 2 at Murrays

M

Murrays

Chichester Herald in partnership with Murrays is giving away a fabulous meal for two people every week!

The Chichester Herald will be running a weekly photo competition sponsored by Murrays on John Street. Every week we will ask you to guess the location of a photo.

For your chance to win this simple competition please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition email your answer name address and contact number to **news@theshiphotel.net**

North Street, Chichester West Sussex PO19 1NH
Tel ++44 (0)1243 778000 Email enquiries@theshiphotel.net

Entries close on Wednesday 12 March 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is an each alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: St John's Chapel, Chichester.

Not Only Sofas

BOGNOR | 01243 863363

Stores Bognor Bedroom Living Room Dining Room Electronics Children's Furniture Mirrors

Not Only Sofas

Welcome to Not Only Sofas - Bognor

For the best priced FURNITURE you'll ever see

Not Only Sofas - Bognor
01243 863363

Unit 15 Castlegrove Business PK
Durban Road
Bognor Regis
PO22 9QT

MASSIVE SPRING HALF PRICE MATTRESS SALE

Airsprung beds Just Right

MADE IN THE UK

MANY MATTRESSES UP TO HALF NORMAL DISCOUNTED PRICE

Single (3ft) .....from £39
Double (4ft 6" Coil Sprung) .....from £59
Double (4ft 6" Memory Top) .....from £99
King (5ft Coil Sprung) .....from £89
King (5ft Memory Top) .....from £149

ALL MATTRESSES IN STOCK. TAKE AWAY OR HAVE DELIVERED!

Not Only Sofas

Open Monday - Saturday
10am to 6pm
Sunday 11am - 4pm

Unit 15 Castlegrove Business Park,
Durban Road, Bognor Regis PO22 9QT
01243 863363

National News

FOLLOW US ON TWITTER
@chiherald

News in Brief

– A child who suffered serious health defects owing to her mother's drinking during pregnancy deserves compensation, a local authority will claim in court. The council will argue that the child, now aged six, was a victim of crime. Her mother is alleged to have effectively poisoned her daughter. The upper tribunal of the Administrative Appeals Chamber has given permission for the case – brought by a council in north west England – to be heard in the Court of Appeal. The child, who cannot be identified for legal reasons, was diagnosed with foetal alcohol syndrome (FAS) at birth. She is now living with foster parents.

• Birmingham's NEC Group has been put up for sale by the city council. The council, facing a £1.1bn bill for equal pay settlements, says it wants to ensure the existing uses are preserved. It says the group is "vitally important" to the West Midlands economy, bringing in £2bn a year and supporting some 29,000 jobs.

• Coronation Street star Michael Le Vell is to take a break from the show to get help for "personal issues". ITV has confirmed. Le Vell, who plays mechanic Kevin Webster in the soap, is said to be seeking "professional help", after he admitted to using cocaine.

• A sugar tax may have to be introduced to curb obesity rates, the chief medical officer for England has said. Dame Sally Davies told a committee of MPs that unless the government was strong with food and drink manufacturers, it was unlikely they would reformulate their products.

• A month after storms forced residents in a Devon town to leave their homes, many have been unable to return to their properties. Twelve families in Dawlish are still in temporary accommodation until they are allowed back into their homes in Riviera Terrace. The railway line at Dawlish was wrecked on 4 February when massive waves left the tracks suspended in mid air.

BBC Three 'to become online channel'

THE BBC is considering making BBC Three a wholly online channel in an attempt to cut costs, according to reports.

If approved, it would mean the digital channel's output would only be available through the iPlayer service.

The reports prompted some celebrities to rally behind the channel, with Matt Lucas tweeting its closure would be "really bad for new comedy".

A BBC spokesman said "nothing is off the table", adding "no decisions have been made".

The reports follow a speech given by BBC director general Tony Hall last week in which he said "tough choices" would have to be made if the corporation is to meet its savings target.

"We are in the final stages of a budget process to find an extra £100m of savings," he said at the Oxford Media Convention. "I will announce the outcome of those decisions in the next month."

In response to speculation over BBC Three's future, the BBC's spokesman said: "Tony Hall set out some of the very real challenges the BBC faces at his speech in Oxford.

"He made clear that we will face tough choices about our budgets, and while nothing is off the table, no decisions have been made."

The futures of both BBC Three and BBC Four have been much discussed as the corporation continues to implement cost-cutting measures.

According to industry newspaper Broadcast, moving BBC Three online "would amount to a sizeable step" towards delivering Lord Hall's £100m savings target by 2016.

The channel's service budget was £85m in 2013/14.

The speculation follows the BBC's decision to broadcast select TV shows online ahead of their scheduled TV transmission, among them the latest sitcom from comedian Peter Kay.

Since its launch in 2003, BBC Three has been the birthplace of numerous ratings successes, including Little Britain, Torchwood, Being Human and Gavin and Stacey.

There were among the shows singled out by Little Britain star Lucas in a tweet proclaiming the channel to be "the home of new comedy and drama".

His sentiments were echoed by comedian Jack Whitehall: "I really hope reports that the BBC may kill BBC3 are just rumours. Their support of new comedy in particular is vital."

The BBC has previously reversed decisions to close its 6 Music and Asian Network radio services after concerted campaigning by supporters.

Medway Maritime Hospital formally warned by CQC

BLOODSTAINED walls and people waiting on trolleys for hours have been discovered at a hospital whose trust is already in special measures.

The Care Quality Commission (CQC) has issued a formal warning to Medway NHS Foundation Trust after an A&E inspection at Medway Maritime Hospital.

The unannounced inspection was in response to anonymous concerns" raised directly with the regulator.

The hospital, in Gillingham, Kent, apologised for "letting patients down".

Medway NHS Foundation Trust was forced last month to appoint a new interim chief executive and chairman by the health regulator Monitor.

A report in December by health firm Dr Foster said the trust had significantly higher than expected death rates, while in October the CQC issued three formal warnings over poor maternity care.

In the latest CQC review, inspectors said patients arriving by ambulance were the worst affected, with not enough cubicles and trolley bays in A&E to provide assessment.

"On our arrival in the department there were 20 patients who had been in there for more than four hours waiting to be seen by doctors," the report said.

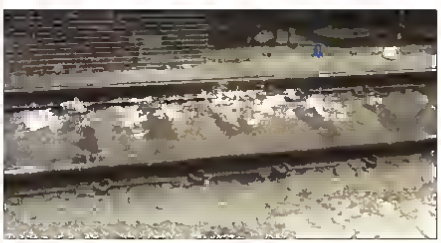
Seven of these had been in the unit for over 12 hours and one patient had been there in excess of 19 hours."

Inspectors said the emergency department was "effectively in a crisis situation", with more than one staff member saying A&E was "under siege".

Steve Hams, chief nurse at Medway Maritime, said: "We are sorry that the emergency department failed to live up to the high standards of care we want to provide for our patients and which they have a right to expect."

However, he said the A&E department was treating about 90,000 people each year, despite being designed to see 50,000 patients.

Criticism over raw sewage dumped in stations by trains



TRAIN companies have been criticised for dumping toilet waste on the tracks at some of London's mainline stations.

The effluent has been dumped at King's Cross, Paddington and Liverpool Street.

Modern trains are fitted with toilet tanks, which are pumped out at the depot when they become full, but older rolling stock does not have this.

Unions say it is a health risk and companies should fit older trains with the tanks. The firms say the number of trains where it happens is decreasing.

Since 1996, all new trains have had tanks fitted.

In a statement, the Department for Transport, said: "While the fitting of sewage tanks on trains is an operational matter for train operators, we are investing heavily in new rolling stock across the entire network."

Seb Gordon, from the Rail Delivery Group, said: "We understand this is a pretty unpleasant issue and we are committed to spending billions of pounds on new trains to reduce the number of carriages where this is an issue."

Open Morning at Brinsbury

The Countryside Campus of Chichester College

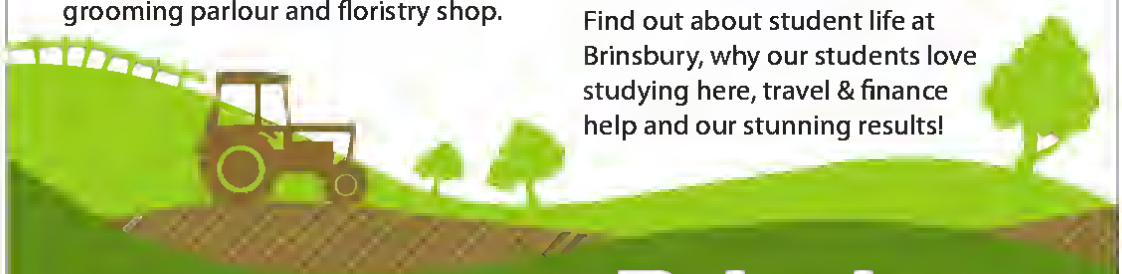
Saturday 15th March 10.00am - 1.00pm

Our friendly, expert staff are looking forward to meeting you at our open morning.

You can take a look around our facilities, including the farm, equine centre and brand new animal care unit, dog grooming parlour and floristry shop.

Meet our award winning 'Ideal Home Show' horticulture team, enjoy a coffee in Costa and explore courses and careers in areas as diverse as agriculture, vet nursing, blacksmithing, engineering, floristry, animal care, equine and more.

Find out about student life at Brinsbury, why our students love studying here, travel & finance help and our stunning results!



For more information please call (01243) 786321 or visit www.chichester.ac.uk

Brinsbury

The Countryside Campus of Chichester College

Brinsbury Campus | Chichester College | North Heath | Pulborough | West Sussex | RH20 1DL

Chichester Business

FOLLOW US ON TWITTER
@chiherald

Young people show reluctance to pursue trade apprenticeships

YOUNG PEOPLE are failing to apply for apprenticeships in trade professions due to the UK's fixation with producing a nation of university graduates, according to new research from RatedPeople.com, the UK's largest tradesmen recommendation website.

The study, released ahead of National Apprenticeship Week, has surveyed the views of 1,000 young people aged between 16 - 24 and RatedPeople.com's trade professionals. The findings reveal that three-quarters of tradesmen believe the UK is undergoing a crisis in attracting young people into the trade industry, with 2 in 5 attributing this to the country's focus on securing academic qualifications.

This view is reinforced by the fact that over half (53%) of those young people surveyed admit to dismissing the trade industry in pursuit of a more academic career path. Other reasons listed include a reluctance to work evenings and weekends (10%) and the belief that the starting salary of a tradesman apprentice is perceived to be too low (19%).

According to the research, 65% of tradesmen have never taken on an apprentice, with a third stating they can't afford to hire one (32%) while nearly a fifth (18%) admit they don't know where to look to find one. However, of those tradesmen that have previously employed an apprentice, nearly 7 in ten found it to be a positive experience and would do so again.

The research also revealed that two-fifths of both young people (44%) and tradesmen (43%) are unaware of the Government's Apprenticeship Scheme and that over half of tradesmen are oblivious of the financial support they could receive. Tradesmen (77%) said they would consider the option if they received more financial support from the government.

Young women (30%) also revealed that more financial incentives would encourage them to take on an apprenticeship in a trade. When asked what would encourage them to work in the industry, 38% of young women said they would like to see more female role models in the profession, while a third said learning basic DIY and trade skills at school. The survey results also revealed that young women's dream apprenticeship was in fashion, while young men opted for a work based apprenticeship within a large corporation. Only 2% of young women wanted to pursue a career as a plumber, whereas that number was 3 8% for young men.

More needs to be done to encourage women and those over the traditional apprenticeship age to consider a career in the trade industry. Over 8 in 10 tradesmen state they have never received an application from an apprentice over the age of 24 while nine in 10 state they have never received an application from a young woman.

Chris Havemann, CEO of RatedPeople.com said: "We were surprised to see that there's little awareness around the Government's Apprenticeship Scheme and that young people are still convinced that the only career route worth going down is in academia. Attitudes need to be tackled both at schools and in homes to show the benefits of a career in a trade. Tradesmen are the backbone of the British economy and without new blood to the industry, a whole generation will lack the critical skills needed to build Britain. To show our support and to raise awareness, RatedPeople.com has developed an online match-making service, RatedApprenticeships.com, which connects tradesmen with the next generation of talent."

Selseyworks offers pop-up space to budding entrepreneurs

SELSEYWORKS has six pop-up shop spaces available for rent to home crafters and entrepreneurs who are keen to try retailing their Mother's Day products. The retail space is available for a minimum of two weeks at a time and from the affordable price of just £10 per week, which makes it accessible to hobbyists and home workers as well as new businesses.

Budding bakers causing Paul Hollywood to quake in his boots, or local jewellery designers threatening the heritage of Tiffany may find that renting retail space in Selsey could be an opportunity to reach more people.

Crafters and entrepreneurs interested in trialling their wares on Selsey High Street should contact SelseyWorks on 01243 200975 or via info@selseyworks.co.uk.

Currys & PC World unveil new superstore

A NEW Currys & PC World Superstore in Chichester has reopened. The new store opens after an extensive refurbishment project and brings 9 new jobs to the area.

The 16,000 square foot newly refurbished superstore will provide the best of both brands under one roof providing the widest range and best selection of electricals from Currys & PC World, making shopping for them a much simpler and more enjoyable experience for customers.

The Superstore will showcase thousands of products including an impressive range of HD and 3D TVs, white goods, and a massive selection of computing tablets and e-readers, laptops and desktop PCs and audio appliances.

A Samsung shop in shop features in the Currys & PC World Chichester store and which will showcase the latest Samsung technology and provide customers with an extensive instore range. The superstore opens with a state-of-the-art KNOWHOW service bar, giving shoppers the added benefit of expert technical advice and support on site, as well as 'Showhow' demonstrations on specific products. A dedicated PC World Business centre, with advisors on hand to give expert advice and support to help local companies grow will also feature in the new store.

Other services available through the new superstore will include the award winning 'WEEE recycling scheme' (customers can bring any old electrical products into store and have them recycled for free) and 'Order & Collect', whereby goods can be easily reserved online for convenient collection in-store.

General Manager, Steve Crossen comments: "The new Superstore in Chichester will bring together the best from both Currys & PC World and offer locals a huge range of the latest tech.

"This will be one of the biggest electrical shopping destinations in Chichester and customers will be greeted by an exciting, fun and interactive in-store experience where they can test out and play with products and get impartial advice from store colleagues. Whether they're tech-savvy or tech wary, our friendly staff will be on hand to make sure the people of Chichester get the most out of their visit."

The store colleagues have all taken part in a special training programme, specifically designed by Currys & PC World to ensure they can offer customers help and advice to enable them to find the right solution to their individual needs and technology requirements.

The Chichester Superstore is part of an ongoing Currys & PC World refurbishment programme across the country. Steve Crossen added: "The refitted Superstore will offer an unbeatable combination of value, choice and service and will be the number one destination for electrical products in the region."

FOLLOW US ON TWITTER
@chiherald

Chichester Business

Caroline's Dairy wins two medals at the 2014 National Ice Cream Competition

CHICHESTER BASED ice cream makers, Caroline's Dairy, are celebrating after scooping two awards at this year's National Ice Cream Competition, which took place at the Yorkshire Event Centre in Harrogate last week.

Caroline Spiby and her team were awarded the Silver Medal in the Open Flavour Class for their Mascarpone with Amarena Cherry Marbling Ice Cream and a Bronze Medal in the Mango Sorbet Class. They also received a Diploma of Merit in the Cadbury Class for their Belgium Chocolate Ice Cream.

The National Ice Cream Competition is run by The Ice Cream Alliance and is the only one of its kind in the UK so winning an award is a huge accolade for anyone in the ice cream industry.

Caroline's Dairy have previously received Merits and Diploma of Merits for flavours including: Double Dairy, Belgium Chocolate, Toffee & Honeycomb, Coffee Espresso, Stem Ginger, Lime & Chilli, White Mint Choc Chip and Stem Ginger & Honeycomb. However, these are the first medals the team has been awarded and they couldn't be prouder.

"We were more than delighted when we got the message that two of our products had been selected as medalists in this year's awards," comments Caroline. "As dairy farmers, we really know our ingredients and will always make that extra effort to get the best possible flavour. We are so pleased that all our hard work and passion has been recognised with these awards."

Having launched in 2008, Caroline's Dairy produce luxury handmade ice cream and sorbets from their working dairy farm in Sidlesham. The ice cream is made in small batches, using only the milk from their cows which is then combined with carefully sourced ingredients and locally produced fruit to make over 20 delicious flavours of ice cream and five sorbets.

Caroline's Dairy supplies a range of eateries and retail outlets across the South from local pubs and restaurants to farm shops. They also supply to The South East National Trust, The Southern Co-operative and British Airways Business Class from London City Airport. To find out more please visit http://www.carolinesdairy.co.uk/places/

Further information on the Ice Cream Alliance can be obtained at www.ice-cream.org

Summersdale wins 'Independent Trade Publisher of the Year 2014'

Proud MD/founder Alastair Williams with the trophy and the Summersdale team at last Thursday's IPG awards

CHICHESTER BASED Summersdale has just won the 'Independent Publisher of the Year Award 2014' at the Independent Publishers Guild Awards on Thursday evening.

A spokesperson said: "Here at Summersdale we're all over the moon! We were up against two tough competitors, John Blake Publishing and Constable & Robinson, and we were biting our nails right up to the moment of the announcement!

Thank you to everyone who has supported us, including colleagues in the industry, distributors, booksellers, authors and, most importantly of all, our readers.

"We can't wait to get back to our desks to keep bringing you the very best Summersdale books."

Summersdale was founded in 1990 and is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non fiction, health and well-being, and gift and humour. They now produce a diverse range of over 100 titles per year, with a backlist of over 600 titles.

SOUTH COAST
HUMAN RESOURCES

Take the stress out of employing staff with South Coast HR

Your people are the most important part of your business and without them you can't succeed. Your employees can also create big headaches when it comes to employment law compliance, underperformance, absence and making sure you recruit the right person for the job.

For a small business having your own HR Manager is often a complete luxury that most just make do and do without.

Now that luxury can become an affordable reality with South Coast HR. We become your HR Manager and take care of all your people needs leaving you free to get on with running your business.

Let us take care of:
- Drafting / issuing employee contracts
- Drafting policies and keeping these up to date
- Dealing with any maternity leave & flexible working requests
- Monitoring and dealing with employee sickness
- Dealing with any staff complaints
- Interviewing potential staff
- Advising on disciplinary situations and conducting those difficult meetings
- Advising on how to make any redundancies
- Training and development
- On site HR administration
- Plus much, much more

South Coast HR are friendly and approachable and will take time to get to know you and your business, providing you with honest, practical advice when you need it most. Either pay for what you need as and when you need us or budget for your needs from as little as just 4 hours a month.

@SouthCoastHR

Call 01243 717693 Email: [illegible] www.[illegible]

Arts & Entertainment

FOLLOW US ON TWITTER
@chiherald

Now showing at Cineworld Chichester

A fascinating & true 'work of art' in WW2

The Monuments Men (12A)
Running time 119 mins
Director George Clooney
Starring: George Clooney, Matt Damon, Cate Blanchett, Bill Murray, John Goodman

★★★☆☆

The Monuments Men tells a fascinating and important true story and remains watchable thanks to likeable turns from its impressively starry cast, but it suffers from an unfocussed script and an uneven tone that aims for both comedy and thrills but falls short on both counts

What's it all about?

Directed and co-written by George Clooney, The Monuments Men is based on both a true story and the non-fiction book by Robert Edsel Clooney stars as curator and conservationist Frank Stokes, who persuades President Roosevelt to allow him to put together a rag-tag team of men dedicated to rescuing looted art masterpieces from the Nazis and returning them to their owners.

Stokes' team – dubbed The Monuments Men – includes art expert James Granger (Matt Damon), architect Richard Campbell (Bill Murray) sculptor Walter Garfield (John Goodman), French art dealer Jean Claude Clermont (Jean Dujardin), art historian Preston Savitz (Bob Balaban) and British art aficionado Donald Jeffries (Hugh Bonneville), as well as young German Jew Sam Epstein (Dimitri Leonidas), a soldier assigned to translation and driving duties. After completing basic training in Normandy, they set off on a variety of different missions, but their task acquires added urgency when they learn, firstly, that the Nazis are bent on destroying the looted works as they retreat, and secondly, that the Russians are after the same artworks, but intending to keep them as the spoils of war.

The Good

The appealingly starry cast forms a large part of the film's appeal and there's a certain pleasure in, for example, seeing Dujardin reunited with Goodman (his co-star from The Artist) or the constant bickering between Murray and Balaban. However, the performances feel curiously subdued in places, leaving you longing for a more knockabout atmosphere in the ensemble.

That said, there are strong performances from Brits Bonneville (who has a moving sequence involving the Bruges Madonna) and Leonidas (he used to be in Grange Hill, you know), who's thoroughly convincing as a Brooklyn-based German Jew. However, Blanchett is almost entirely wasted as an art museum secretary who develops a crush on Damon's character.

The Bad

The film's main problem is its uneven tone – it's not funny enough to succeed as a comedy (one of the more painful running jokes involves Damon speaking terrible French) and not exciting or tense enough to work as a thriller. It also has a faint air of preachiness, continually overstating its central theme about exactly why great art is worth dying for.

On top of that, the script lacks focus in the first half, randomly jumping from one set of characters to another instead of having them all working together towards the same goal. It's been somewhat mis-marketed as an Ocean's Eleven-style heist movie, especially since there's not even a heist in it.

Worth seeing?

The Monuments Men remains entertaining thanks to its likeable cast, but the script and tone are uneven and it's hard not to wonder whether this fascinating true story might have been better served by a documentary.

Sky Diary March 2014

By Peter Littlejohns

Mercury, Uranus and Neptune are all unfavourable for observation at present. Venus is now a morning 'star', rising in the east around 04:30, its dense cloud tops reflecting the Sun's rays making it a brilliant pre-dawn sight.

The Spring or Vernal Equinox on Earth occurs at 16:57 on the 20th March when the Sun climbs into the northern hemisphere rising due E and setting due W. Spring officially starts on the 30th at 01:00 when the clocks have to 'spring' forward an hour to bring us into British Summer Time.

The red planet Mars is now rising around 21:00 mid-month and looks fairly close to Virgo's brightest star Spica, although it is actually 220 light years away.

Jupiter outshines all the other stars! It is at its highest altitude now and is about 700 million miles away from us. Its rapid spin rate [day] of ohrs 55mins not only causes the cloud belts to form into stripes but also makes the equator bulge out slightly which can be seen in a small telescope, as can the four largest moons Io, Europa, Ganymede and Gallisto. Although invisible to telescopes on Earth, the Voyager space probe discovered that Jupiter has a very faint ring system which extends out to about 60,000km from the cloud tops.

Saturn is now rising around 23:00 in Libra. It is not very bright but has a distinct warm yellow colour and will be close to the Moon on the 21st. The largest of its 65+ moons is Titan which be seen in a small telescope or good binoculars and is bigger than the planet Mercury!

Planetarium Shows and Dates – March 2014

Friday 07	7.30pm	The Northern Lights (National Astronomy Week)
Sunday 09	1.30pm	Seven Wonders of the Solar System (National Astronomy Week)
Sunday 09	3.30pm	The Stars This Month (National Astronomy Week)
Friday 14	7.30pm	Giant Jupiter King of the Planets
Sunday 16	3.30pm	The Stars This Month
Friday 21	7.30pm	Destination Mars, the Red Planet

Tickets Adults £6.00 Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester
Alternatively please phone 01243 774400 or ticket hotline 07816 297292 to reserve your tickets. Payment by cash or cheque only on the day.
A map showing our location can be found at: www.southdowns.org.uk

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. **George Clooney and Matt Damon starred in which glamorous heist movie?**

A. GOOD WILL HUNTING
B. OCEANS ELEVEN
C. THE DEPARTED

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 11th March 2014 at midday. The winner will be notified later on that day. Last weeks winner was Sue Houghton from Barnham. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Find out about real life Flintstones at The Novium museum

YABBA DABBA DOO! Discover what life was like for our real life Flintstone ancestors at The Novium museum.

A new lecture series starting next week at the Chichester museum will focus on the Prehistory of the Sussex area - the span of time before recorded history and the invention of writing systems.

It will explain the various ways in which flint was used by hunter-gatherers in the Palaeolithic, Mesolithic and Neolithic periods - Boxgrove Man, Britain's oldest human-like remains which were found in a Boxgrove quarry in 1993, will also be the subject of one of the talks.

The three lecture series, entitled, 'Let's talk about Flint, are:

- Boxgrove Man – Dr Matt Pope, a lecturer at UCL, will give a talk on West Sussex in the paleolithic era. Wednesday 12 March from 6.30pm to 8pm.
- Mesolithic in Wealden West Sussex – Diana Jones of Sussex University will give a talk exploring evidence for the Mesolithic in West Sussex. Wednesday 19 March from 6.30pm to 8pm.
- Meet the Flintstones Neolithic Flint Mines — Dr Miles Russell of Bournemouth University will examine the key questions surrounding the Neolithic flint mines of Sussex and Wessex. He will be answering: What were the mine sites? What did they mean to the people who created them? What form did they take? What was extracted from them? How did they relate to the other monuments being built at the same time? Wednesday 26 March from 6.30pm to 8pm.

Excavation at the Boxgrove quarry.

Councillor Myles Cullen, Chichester District Council's Cabinet Member for Commercial Services, says "Our lecture series are becoming really popular. We are really lucky as Chichester has a very rich and interesting history and there have been some significant archaeological finds. These lectures will provide a great insight into the realities and experiences of past generations."

Pre-booking for all three lectures is essential as places are limited. Each lecture costs £8 or £20 if all three are booked together.

For more information please call The Novium on 01243 775888, email at thenovium@chichester.gov.uk or visit www.thenovium.org

Live performance of War Horse is a galloping success for Cineworld

CINEWORLD has announced that the National Theatre screening of War Horse on Saturday was the most successful Live Event Cinema performance of all time at Cineworld. It was also the number one performer in the box office on Saturday and out grossed the second highest film by four times.

Demand for tickets was so high that 75% of Cineworld cinemas had to schedule an additional screening to accommodate the popularity of the performance. Cineworld Chichester will also be showing encore performances on the 19th, 18th and 22nd of March, as well as dedicated performances for schools on the 18th March.

This comes off the back of an extremely successful year for Event Cinema at Cineworld, which saw a 200% increase in revenues from 2012 to 2013. Other performances included The Audience starring Helen Mirren as the Queen and Robbie Williams live from Tallinn.

Crispin Lilly, VP of Business Affairs at Cineworld, said: "Cineworld is thrilled at the success of War Horse on Saturday night as we've been able to offer customers across the country the opportunity to see the brilliant West End show on advanced digital screens with superb surround sound. We've already seen a 50% year on year increase in Event Cinema revenues this year and with a great upcoming schedule, we're sure that this category will continue to grow into 2014."

As well as the encore performances of War Horse, Cineworld is also offering a full slate of exciting entertainment content including The Vikings from The British Museum, the Royal Shakespeare Company's performance of Henry IV Part 1 & 2, Elton John: The Million Dollar Piano, Andre Rieu: Maastricht Concert 2014 and many more. Fans can book tickets for any of the upcoming screenings by visiting Cineworld.com and can receive an additional 10% off tickets by signing up to mycineworld online.

What's On in your local area...

• **Local sustainability group Transition Chichester** will be holding a ceilidh on Saturday 22 March in order to mark the Spring Equinox, raise some funds for its numerous projects and generally have some musical and dancing fun. Caller Tony Clark will lead participants through a variety of simple and fun dances, which will be suitable for everyone from 8 years old to 80. Tickets are also being sold for those that simply want to come and observe the fun - so the event really is open to all whatever your age or ability. Tickets cost £5 a head and must be purchased in advance from Sarah or Tony Clark who are contactable on: 01243 774 464 / sarahandanthony@talktalk.net. Date: Saturday 22 March 7pm - 11pm. Cost: £5 per head. Venue: The Newell Centre, Tozer Way, Chichester PO19 7LG.

• **One of Alan Ayckbourn's most popular** comedies, How the Other Half Loves, opens at the Arundel Playhouse, London Road, Arundel on 17 March for six nights starting at 7.45pm. Tickets for the Arundel Players production cost £11 and are available by calling the Box Office on 07523 417926.

• **4SIGHT**

We have a range of activities starting at our 4SIGHT Centre in Bognor Regis. These include, Discuss on Group starting 28th February, Games Group starting 5th March and a series of Wellbeing activities running from 18th March.

All activities are for those with a visual impairment or disadvantaged through a disability.

Contact 01243 828555 for further information.

• **Concorde is a social club which** provides friendship and companionship for single people.

It is not a dating club but any members who form relationships or marry remain members.

It meets every Tuesday at the Walnut Tree, Runcton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715.

• **CHICHESTER PICKERS (The Chichester Acoustic Music Club)** invites all who would like to sing/play their own choice of music - and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.

We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2BP.

More details from Andrew@andrewjperry.plus.com or 01243 774391.

• **Chichester Art Society has a series of** five workshops in April and May to help you Be A More Creative Artist. They will be tutored by one of the Society's talented members, Shân Harries and are designed to show you various techniques and approaches to enliven your work and take it in new directions. They run from 1.30pm to 4.30pm on Tuesdays April 1st, 8th, 15th, 29th and May 6th at **Basil Shippam Centre (parking and** easy access) and are open to non-members at £30 each or £115 for all five **(to include refreshments). For further** information and to book a place contact the secretary on 01243 602360 or email jean.campbell@zen.co.uk.

• **Monthly meetings carried out partially** in Welsh rest in English all levels of Welsh welcome meetings in members houses- contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

• **Wednesday 12th March**

CHICHESTER TALK

Talk by artist Catherine Barnes about her exhibition of paintings, prints and drawings in the John Rank Gallery, Oxmarket Centre of Arts, off East Street, Chichester PO19 1YH. 12.30 - 1.30. Free.

Exhibition open 10.00 - 4.30 until Sunday 16th March.

For more details see www.catherinebarnes.com

Friday 14th March

CHICHESTER MUSIC.

Music Amongst the Art: Early Evening **Jazz with Matthew Read (double** bass) and Alex Maydew (piano) at the Oxmarket Centre of Arts, off East Street, Chichester PO19 1YH. 7.30 - 8.30pm. **Tickets £3.00 (full time students free)** from the Oxmarket 01243 779103 nfo@oxmarket.com. Held in the exhibition of paintings, prints and drawings by Catherine Barnes. Open 10.00 - 4.30 and 6.30 - 9.00pm.

Saturday 15th March

CHICHESTER MUSIC.

Music Amongst the Art: Recital of songs by Schumann (Dichterliebe), Finzi and Martin Read, Tom Ballard (baritone) and Terence Allbright (piano) at the Oxmarket Centre of Arts, off East Street, Chichester PO19 1YH. 12.30 - 1.30pm. Tickets £5.00 (full-time students free) from the Oxmarket 01243 779103 nfo@oxmarket.com. Held in the exhibition of paintings, prints and drawings by Catherine Barnes. Open 10.00 - 4.30.

Sunday 16th March

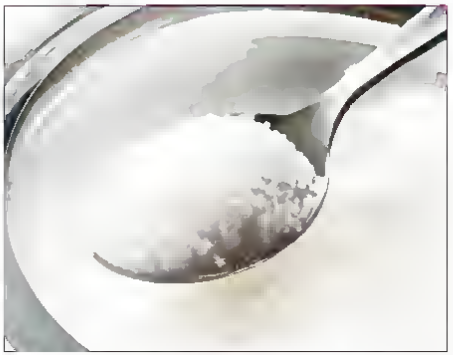
CHICHESTER MUSIC

Music Amongst the Art: Piano Recital by Camilla Hessenberg. Thomas Duchan, Justin Kwok and Christopher Johnston. Works by Beethoven, Chopin, Granados, Grieg, Liszt and Rachmaninov. At the Oxmarket Centre of Arts, off East Street, Chichester PO19 1YH. 2.30 - 3.30pm. Tickets: Free from the Oxmarket 01243 779103 info@oxmarket.com. Held in the exhibition of paintings, prints and drawings by Catherine Barnes. Open 10.00 - 4.30.

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and in principle are supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

FOLLOW US ON TWITTER
@chiherald



Hefty sugar tax proposed to control soaring obesity

BRITAIN may soon slap a hefty sugar tax to curb rocketing obesity rates in the UK.

The country's chief medical officer has told a parliamentary committee of MPs that sugar was addictive and the introduction of a sugar tax was needed urgently.

Speaking to the committee, Dame Sally Davies said that she believed that "research will find sugar is addictive".

She said "We may need to move toward some kind of sugar tax. I do fear this generation of children will live less than my parents' generation."

"They will be the first generation that live less, and that is of great concern."

UK consumes more than 5,727 million litres of sugary soft drinks a year. Adding a 20 pence tax for every litre sold would raise more than £1.1 billion.

About 64% of adults in the UK are considered to be overweight or obese.

Professor Terence Stephenson, chairman of the Academy of Medical Royal Colleges said sugar gave people a "rapid high" which then drops while they are still producing insulin, resulting in a "craving" for more.

UK's Department of Health already has a responsibility deal – a series of voluntary pledges by industry designed to tackle issues such as obesity.

Under the deal, Britain has asked all fast food companies to cut down sugar content in their products by 30% from immediate effect.

One in four adults in England is obese with the numbers expected to climb to 60% of men, 50% of women, and 25% of children by 2050.

Three in every 10 children aged between two and 15 are overweight or obese.

Obesity and diabetes already costs the UK over £5 billion every year which is likely to rise to £50 billion in the next 30 years.

An Action On Sugar campaign launched recently has calculated that a 20 to 30% reduction in sugar added by the food industry which, given a reasonable timeframe (3-5 years) is easily achievable, would result in a reduction in calorie intake of approximately 100kcal/day.

Experts said added sugar in our diet is a very recent phenomenon (150 years) and only occurred when sugar, obtained from sugar cane, beet and corn, became very cheap to produce.

No other mammal eats added sugar and there is no requirement for added sugar in the human diet.

Chairman of Action on Sugar, professor Graham MacGregor said "We must now tackle the obesity epidemic both in the UK and worldwide. The present government and Department of Health Responsibility Deal has been shown to have had no effect on calorie intake and we must start a coherent and structured plan to slowly reduce the amount of calories people consume by slowly taking out added sugar from foods and soft drinks. This is a simple plan which gives a level playing field to the food industry."

Professor of Clinical Epidemiology at the University of Liverpool, UK, Simon Capewell says "Sugar is the new tobacco. Everywhere, sugary drinks and junk foods are now pressed on unsuspecting parents and children by a cynical industry focussed on profit, not health. The obesity epidemic is already generating a huge burden of disease and death. Obesity and diabetes already costs the UK over £5billion every year. Without regulation, these costs will exceed £50billion by 2050".

UK's largest group of doctors – the Academy of Medical Royal Colleges – recently asked David Cameron to immediately impose a 20% tax on sugary drinks to save Great Britain – the fat man of Europe – from the serious threat of obesity.

We're eggstatic! Tesco wins top accolade second year in a row with finest* medley of Belgian Chocolate eggs

THE FINEST* Medley of Belgian Chocolate Easter Eggs, £25 has cracked it by beating luxury rivals to take the title of Good Housekeeping Easter Egg of the Year. This is the second year running that Tesco has won the coveted award.

The judges were wowed by this egg – they described it as "beautifully presented nesting half eggs in a decorative wooden box. The mixture of white, milk and dark chocolate along with butterscotch, raspberry, hazelnuts and coconut pieces means there is something for everyone to enjoy."

With a score of 88/100, it topped the tasting and saw off rivals such as the £24.95 Harrods Lattice Egg which scored 79/100, and the £45 Rococco Milk & Dark Egg which scored 78/100.

Good Housekeeping Consumer Director Caroline Bloor said. "You're as likely to find a delicious Easter treat in the supermarket as you are in the luxury shops."

In addition, Tesco also won the Good Housekeeping Hot Cross Bun tasting with their finest* 4 Hot Cross Buns, £1.70. The judges were impressed by their "beautiful rounded shape, soft juicy fruit and just the right amount of spice."

Scoring 78/100, these hot cross buns beat rivals including Waitrose Fruit & Oat Hot Cross Buns, £1.09 for 4 which scored 65/100 and Heston's Honey and Ginger Hot Cross Buns, £1.69 for 2 which scored 58/100.

The prized accolade was welcomed at Tesco who have recently celebrated winning Quality Food Awards Retailer of the Year 2013 and the World Food Awards 2013 National Retailer of the Year.

FOLLOW US ON TWITTER
@chiherald

Travel

Olympic inspiration leads to a boost in beginner skiing and snowboarding enquiries

AS THE COUNTRY goes ski and snowboard crazy following the exploits of British athletes in Sochi, the Ski Club of Great Britain say the phones have been buzzing with enquiries from people wanting to try skiing for the first time. The Ski Club's dedicated team of experts is available to answer any questions new skiers and snowboarders may have, from enquiries about kit, equipment and instruction, to advice on which resorts to choose and skiing with a disability or special need.

In a commitment to help boost participation in snowsports the Club recently introduced Beginner Membership for those new to skiing and snowboarding. The new membership is tailored to complete beginners providing all the information, advice and discounts they need to get started on snow and progress throughout the year.

The recent burst of interest and enthusiasm for wintersports has also been observed by governing body Snowsport England who stated that outdoor ski and snowboard slopes and indoor snow centres have never been busier with people eager to give snowsports a go. Ski Club Beginner Membership complements GO SKI GO BOARD, Snowsport England's national participation campaign focused on engaging more people in snowsports (goskigoboard.org.uk).

Ski Club of Great Britain Chief Executive, Frank McCusker said: "The phones don't seem to stop ringing and we've observed spikes in visitor numbers to the Ski Club website (skiclub.co.uk), especially around the 'learn to ski and 'artificial slope' information and advice pages. The aim of introducing a new membership was to make skiing and snowboarding more accessible for beginners. Market analysis had shown that many were put off by the perceived cost of skiing or they just weren't very familiar with the sport. Britain's success and inspirational talent showcased at Sochi has moved wintersports into the spotlight and it's great to see the associated buzz and lift in participation as people realise it's not expensive to have a go. Ski Club discounts, dedicated information team and a vibrant community are all here to help maintain interest and involvement in the highly addictive world of snowsports."

Individual Beginner Membership costs just £23 and allows access to hundreds of Ski Club discounts on holidays, travel, clothing, equipment, instruction and artificial slopes in the UK. Info & advice, resort pages, industry-leading snow reports and Ski Club TV are also valuable online resources at skiclub.co.uk for those just starting out.

Beginner Membership is available for one year. As skiers and snowboarders progress they will be able to upgrade their membership and take advantage of other Ski Club member benefits such as skiing with a Ski Club Leader and going on a Firstracks holiday. Beginner Family Memberships are also available for families learning to ski together.

More information is available at: skiclub.co.uk/beginner

The Seychelles' Desroches Island one of 'Trip Advisors' top hotels in Africa

DESROCHES, a remote luxurious Seychelles island, has been named one of the top hotels in Africa by Trip Advisor Travellers' Choice awards 2014. The island, already one of Forbes Top 10 remote destinations in the world and considered to be one of the most pristine and untouched islands in existence, was named 25th best hotel in Africa based on the reviews and ratings of millions of Trip Advisor travellers from around the globe.

Examples of comments about Desroches Island left by travellers include, "Just totally fabulous and paradise!", "Excellent location, excellent service and a royal retreat" and "Fantastic Holiday".

Blessed with one of the world's healthiest climates, and miles of unblemished beaches, Desroches Island is a refuge for romance, adventure and pampered relaxation. The naturally inspired and tastefully modern Luxury Beach Suites and Beach Villas on Desroches Island provide the epitome in luxury and opulent indulgence.

"This is an important accolade because it is decided by the guests we have welcomed. We believe we have created a paradise on Desroches Island; combining attentive service, sumptuous cuisine and the utmost in luxurious relaxation and comfort in our villas and retreats, with the beautiful untouched beaches, crystal clear waters and breath-taking wildlife that are provided naturally by the island. We do consider it to be one of the best hotels in Africa, and indeed the world, so for our customers to confirm this is truly rewarding and we thank them for their feedback." Comments Patrick Shorten, General Manager for Desroches Island.

Desroches Island truly encompasses luxury, tranquility and serves as a retreat for captains of industry, world leaders and renowned celebrities. The island is known for its understated luxury and the enviable service and facilities that all guests staying on the island receive as standard.

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

HIGHGROVE HOUSE GARDEN TOUR
THURSDAY 1 MAY 2014
£66 per person
(Includes packed lunch)

On arrival at Highgrove Gardens at approximately 1230hrs your tour will begin which takes approximately 2 hours and covers 2 miles of garden. Afterwards there will be time for refreshments and visiting the Highgrove Shop. Your garden tour will be led by one of His Royal Highness's Garden Guides who are knowledgeable about most aspects of the garden. Some paths are unmade so stout shoes and suitable clothing as tours continue during wet weather.

Please note: this excursion is available without the packed lunch

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Smoked foods are bad for you

Denise Kelly

Naturopathic Nutritional Therapist

SMOKED FOODS have been around for hundreds of years, and were originally used as a means of making meat and fish cuts last longer than they would have usually. Before refrigeration meats would have only lasted as long as they were kept either cold or salted, which deterred bacteria. Smoking was discovered to be as effective as salting meats without ruining the taste.

Smoking meats and fish in itself has two main purposes, the first is that it gives the food a unique flavour that many people prefer to non smoked foods in some cases. There are several different woods that can be used in this case each with differing flavours. The second use of smoking is that it will make the food last longer.

However regularly eating smoked foods has been shown to be harmful and can put you at a greater risk of getting a range of different cancers. The smoke particles that are absorbed into the meat and stop it from becoming rotten are in fact hydrocarbons, which inhibit the breakdown of the proteins in the meats. However these same particles are in fact an irritant to our digestive systems because we are not naturally intended to inhale or consume smoke particles.

The same as you wouldn't want to eat cigarette ends, eating smoked foods puts you at similar risks as smoking also contains many of the same chemicals found in cigarettes. Chemicals such as a range of carcinogens as well as tiny particles of coal dust are consumed along with whatever meat you are eating. These are actually the same as what you might find in the air as a pollutant, or coming from a cars exhaust. Which I think everyone can agree isn't healthy to be allowing into your body.

Modern day smoking processes aren't actually the same as they were when the concept was first put into practice either. Today they often involve the addition of numerous preservatives and additives as well, some of which are known to aggravate allergies such as asthma. This is particularly true when artificial smoke is used, which is known to be a lot more harmful than real smoke. The reason it is used is simply because it is cheaper to produce and speeds the smoking or curing process for mass production.

It isn't just smoked foods that you might buy that are harmful however. Barbecuing or charcoal grilling your own regular meat contains harmful levels of chemicals as well. While it is not as bad for you as foods smoked in their production, there is still a trend of higher levels of cancer in people who regularly eat meat they have cooked in this way, such as meats, fish, cheese etc.

Just be aware and make good choices.

What is a Carcinogen?

A carcinogen is an agent that can cause cancer. Carcinogens can be chemicals, viruses, hormone, ionizing radiation or solid materials. Carcinogens produce cancer by changing the information that cells receive from their DNA, causing immature cells to accumulate in the body rather than differentiate into normal functional cells.

For a full consultation and Asyra MedicalTest with Denise and to find out just what's going on in your body please contact her on info@denisekelly.co.uk or 01243 520040.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester West Sussex. @DkNutrition

A corner of health & tranquility...

Amidst the hustle and bustle of central Chichester

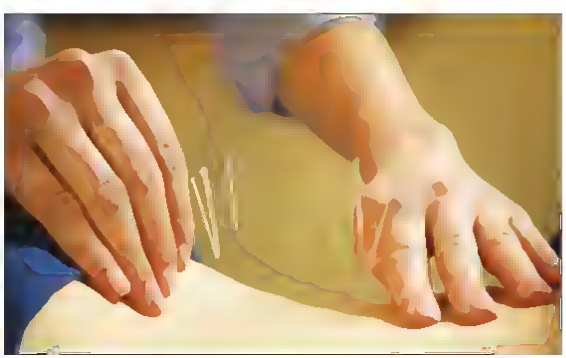
HARMONY ACUTHERAPY CLINIC is situated just off West Street's buzzing traffic and constant flow of pedestrians. Step inside the reception and you will find a haven of health giving peace dedicated to acupuncture, therapeutic massage, reflexology and alternative Chinese medicine. The aura of calm and positive energy is tantalizing as you enter.

The Clinic was opened just over two years ago by Dr Feng Wang and his wife Yan. Dr Wang graduated from China's Chengdu University 20 years ago and has been practicing in the UK for almost 10 years now, first in London, Portsmouth and then Chichester where, he says, 'I have fulfilled a dream by opening my own Clinic in this beautiful city.'

RESULTS WHERE WESTERN MEDICINE HAS FAILED - Many of the patients visiting Harmony Acutherapy for the first time have come after years of standard western treatment that has so far failed them, coming often at the suggestion of their own GP. One case in point was that of a fifty something year old who had suffered for years from a recurring tennis elbow and had given up sport because of the pain. After only half a dozen acutherapy treatments he was back on the tennis court and golf course enjoying himself.

NOT JUST SPORTS INJURIES - Acupuncture is recognized today by many health professionals and is a particularly accepted treatment for repetitive strain and sports injuries. It is recognised too by many Health Insurance companies. But it is an exhaustive range of ailments that Dr Wang has successfully treated. These include migraine, stress, depression, digestion problems, cancer and quite surprisingly infertility problems.

ANCIENT PRACTICES TURNED HI TECH - Of course Acupuncture, therapeutic Chinese massage and Reflexology systems of treating ailments through unblocking and stimulating the body's natural energy flows, go back millennia in history to the ancient practises of traditional holistic Chinese medicine. Today though, acupuncture at the Harmony Acutherapy Clinic is much more hi tech. Sterile needles are gently stimulated by delicately controlled machinery at Dr Wang's fingertips. The good Doctor himself frequently attends seminars regarding the latest techniques and advancements in his medical sphere.



GETTING STARTED - The Clinic took some time to get off the ground and it was only after a lot of very hard work by Dr Wang and Yan his wife, often entailing taking second jobs working night shifts in local nursing homes, that the Clinic was finally launched. The free first consultation which Dr Wang offers has proven popular and their Chichester Herald advertisements helped along the way. Yan, always with an eye to promoting her husband's work, encouraged new customers with 'Free Trial' offers occasionally. And gradually the client numbers grew and grew. Now they are as busy as can be with word of mouth recommendation being the driving force for new clients. They offer free parking to clients which is a real bonus in the middle of the city. So next time you are feeling under the weather pop into Harmony Acutherapy and book an appointment to talk to Dr Wang. Harmony Acutherapy Clinic 01243 537600

PRP - it is the best of YOU!

HAVE YOU EVER thought you would like to look a little more like you did 20 years ago, but you don't want 'Botox', or anything more extreme such as surgery? Well, not just yet anyway!

DENISE KELLY went along to the Changes Clinic in Portsmouth to meet Dr Aarti Narayan-Denning and may have discovered something that will be perfect for you!

IT S AS natural as can be, and uses your own blood to plump the skin! How fantastic is that!

So, what is it? Its nickname in the celebrity world is 'The Vampire Face Lift'! Don t be alarmed; it's nothing too weird.

In fact quite the opposite! Dr Narayan-Denning is a wonderfully highly qualified specialist (www.reverse-time com) who explained a little about the science behind this incredible treatment.

Dr Narayan-Denning explained that since the 1990's, blood cells called platelets were known to contain growth factors that help heal injured tissue. Dental surgeons first extracted it and called the product, platelet rich plasma, or PRP. In 2000, a Stanford University surgeon found that PRP improved the healing of epicondylitis (tennis elbows) after other nonsurgical treatments failed. Vets also use PRP on injured ligaments in racehorses, as do sports physicians for athlete's tendons and podiatrists for policeman s heel (plantar fasciitis). However, what makes PRP treatment so unique, safe, and satisfying is that PRP is created by you. The very person who is going to use it. It is truly natural, autologous (from your own body) and hence non-allergenic. You completely absorb it with no lumps, bumps or displacement. The proteins are you, and thus your body won't react to them.

She tells me in simple terms that it is a product of YOU – its biggest plus – and pitfall if your platelets are scanty or defective, it won t work its magic! The consultation will assess your suitability for the treatment and vice versa, and give you personalised advice on how to prepare yourself (lifestyle, skincare) over the following fortnight for best results.

This is how it's done...

About 20ml of your own blood is drawn from your arm, like a blood test, spun in a centrifuge, and the PRP is extracted. It is injected into your selected treatment areas and of course you can use numbing cream first. Optionally you may choose to have a soft hyaluronic acid injected into specific problem areas of your face – this is what is done in the "Vampire Facelift". While this is not intended to "plump or "fill', it will kick start your treatment by providing raw materials for the next generation of skin cells. The growth factors in the PRP provide the catalyst thereby ensuring a healthy new batch of skin cells make their way to the surface over the following 3-4 weeks. PRP treatment should not sting. It must be applied when fresh. The clotting inhibitor that blood tubes contain to keep blood liquid may cause mild tingling or stinging, but neutralising this keeps patients comfortable. There may be bruising which usually fades over 2-3 days.

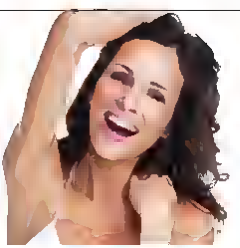
Many patients tell Dr Narayan-Denning they can see an immediate difference with the skin looking and feeling "plumper", but it is good to wait for 4 weeks during which the patient must look after their skin and health as much as possible to get even better results. Then there is a visible springiness or a "lift" with reduction in those fine lines on cheeks, around eyes and lips and shallower nose to mouth lines.

It is subtle and natural. So PRP is NOT for those who want immediate dramatic effect. It is for those of us who wish to take the time to keep skin young and invest in their skin. It can be done in combination with other treatments and can be repeated over subsequent years with no ill effect. Patients love having it more often than once or twice a year but this is enough for maintenance.

I think there is going to be a queue outside Dr Narayan-Denning's door at the Changes Clinic once people hear that such a treatment is available on our doorsteps and we don t have to travel to London, Europe or USA. If you want to find out more go to Dr Narayan-Denning's website www.reverse-time.com or e-mail info@reverse-time.com to chat or book your appointment!

Prices from £450

Check out our editorial above!



CALL NOW

local | discreet | trusted | caring

CHANGES

clinic of excellence

Changes Clinic Ltd 1000 Lakeside, Portsmouth PO6 3EN
t: 023 9238 2000 e: info@changesclinic co uk

discover your perfect you at changesclinic.co.uk

stay informed /ChangesClinic @Changes_clinic changes-clinic-ltd

Fashion & Lifestyle

FOLLOW US ON TWITTER
@chiherald

'Kids Get Growing' Gardening Club at Graylingwell Park Community Garden

Getting children outside is a wonderful way to help inspire them in many aspects of their lives, not just learning how to grow lettuce...

Graylingwell Park Community Garden

THE BENEFITS come in countless ways, so **JO LODGE**, Community Engagement Worker for The Chichester Community Development Trust at Graylingwell Park Community Garden, is warming up the soil with the help of 'Kids Get Growing' gardening club.

This year we've gone from strength to strength enjoying our own community garden, learning to appreciate and contribute to our own home gardens, as well as engaging with other gardening groups in and around Chichester.

We run adult gardening sessions throughout the summer teaching how to grow a variety of foods and produce to feed the family no matter what experience you've had, or not had.

Coming up we're hosting a potato and tree planting day on Saturday 15th March from 10am-12pm for children and adults, everyone's welcome to join us.

Our dedicated and passionate steering group open the garden every Saturday to work on our produce, drink tea and eat cake. Please feel free to pop in and join us.

We're hosting an event on Thursday 27th March @ The Chapel at Graylingwell Park for all existing members of the garden and for any new members looking to become part of a wonderful community, you'd be very welcome!

At home you could try:

- Growing potatoes: place old sprouting potatoes in a used egg box. Leave on the side to sprout. Soon they'll be gagging to go in the ground. Guess how many potatoes you'll get from that one lonely spud!
- Fir cone bird feeders- using fir cones, cooking fat and some bird seed, stuff the cones with a mixture of fat and seed. Attach string to the top of your cone and hang in your garden. Watch the birds come flocking in!
- Composting: anything from egg shells to potato peelings, tea bags to cardboard can all be composted. Start a bin in your garden and watch all year to see how your compost changes. You won't believe the variety of bugs and beasties you'll find crawling around in the dirt you've created.

Find out more at www.chichesterodt.org.uk, follow us on facebook and twitter or contact info@chichesterodt.org.uk or call 01243 697072 for more details.

Chichester Herald

CLOSING DATE: SUNDAY 9TH MARCH 23:59

Junior Graphic Designer

Junior Graphic Designer required for a busy local newspaper based in Chichester. This is a fantastic opportunity for a creative individual to stamp their mark on an already well-established local publication.

Salary: Negotiable
Hours: Full Time, Permanent

The role requires a designer to layout the content of our newspaper on a weekly basis. It also involves updating or creating advertising artwork for our clients. This role is based in Chichester – However we are a flexible business and there is potential for you to work from home if you have the Adobe programs required to complete the work on your personal computer and have internet access.

Skills and experience required

- Fully familiar with the Adobe Creative Suite including Photoshop, Illustrator & InDesign as well as Ms Office
- Excellent communication skills
- Able to multi-task and thrive under pressure
- Deliver quality work to tight deadlines
- Ability to manage your workload efficiently and remain equally effective when working on own initiative
- A strong skill set: experience in editorial/layout design/typesetting would be advantageous
- Ability to build close-working relationships with immediate team and current (and future) clientele. Fire in the belly, ambitious, a go-getter...

Other:

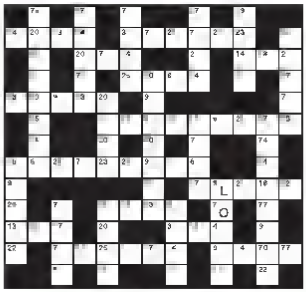
- A design degree or education
- Although you don't need experience in it, good English language and grammar skills would be useful for proof reading
- Knowledge of how to use twitter or apps such as tweetdeck to manage and maintain social media outlets would also be useful

For more information or to apply please email **megan.hedges@chichesterherald.co.uk**

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	O 19
7	20
8	21
9	L 22
10	23
11	24
12	25
13	26

Last week's solutions:

1 K	2 U	3 E	4 J	5 Y	6 T	7 L	8 G	9 Q	10 I	11 F	12 S	13 C
14 D	15 X	16 B	17 P	18 V	19 M	20 R	21 W	22 H	23 A	24 Z	25 O	26 N

Wordsquare

E	E	U
E	A	B
R	L	G

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate

15 words - average,
25 words - good,
35 words - very good;
40 or more - excellent.

Last week's solutions

fleur fleut, flouter flue fluor flute forgetful foul, four freiful fuel furl furl glur, gut gnut, greut grue, gruff, gul, leur leut, luff luge, luger lure, lute, outer rogue, rouge rout route ruff, ruffle, rule, tofu, tour true, truffle, trug, tuff, turf, urge.

Double Crossword

Choose either quick or cryptic clues

Cryptic Clues:

Across

6. He doesn't give much away (7)
7. Let in or out (5)
8. It became years (3)
10. Possibly ample here, but it doesn't last long (9)
12. Are those on it making an empty protest? (6,5)
15. Flighty artist's medal (7,4)
17. Such speed could be fatal (9)
18. Margaret shortly turned to stone (3)
21. Polar story heard too often? (6)
22. A record? Year of course (3,4)

Down

1. Fleeing sense (5)
2. Get on in stages (3)
3. Decline and fall (4)
4. Unemployed crew with misshapeyeuse potentialities (4,5)
5. Cafe and sin inn membine somehow to make money (7)
8. Moving spirit (8)
11. It circulates records (9)
13. Vegetables on the course (6)
14. Render an account (7)
16. Opted to change a storehouse (5)
18. Meat axe (4)
20. A current recession (3)

Quick Cluss:

Across

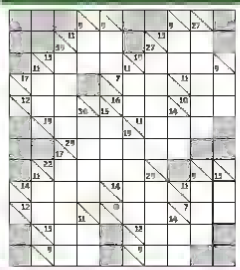
5. Incapacitate (7)
7. Pastpone (5)
9. Non-professional (3)
10. Unremitting (9)
12. Stamp collector (11)
15. Dispute (11)
17. Sycophant (9)
19. Artful (3)
21. Pretence (5)
22. Free (7)

Down

1. Essential (5)
2. Prohibit (3)
3. Scheme (4)
4. Stupef (8)
5. Sermw (7)
6. Determine (6)
11. Student (9)
13. Slacken (6)
14. Big rock (7)
16. Embrace (5)
18. Regular (4)
20. Wager (3)

Last week's solutions
CRYPTIC Across 7 Hunting season 8 Continue 9 Deed 10 Weasel 12 Ordeal, 14 Ankle 16 Damson; 18 Are 20 Generate 22 High and mighty. Down 1 European 2 Status, 3 Amen 4 Asteroid 5 Raider 6 Sole 11 Legend 13 Apostate 15 Looms 17 Mirage 19 Flat 21 Name. QUICK Across 7 Indispensable 8 Dispense; 9 Room, 10 Career 12 Talent 14 Assess 16 Remote 18 Chic 20 Effusive 22 Dispassionate. Down 1 Indicate 2 Simple 3 Open 4 Ancestor 5 Barrel 6 Alter 11 Suspense; 13 Nativity 15 Escape 17 Musing 19 Hail 21 Fair

Kakuro



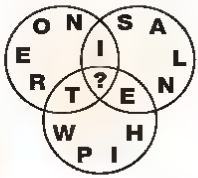
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Circlegram

Replace the quest on mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question mark is I. Marimba, timpani, triangle all percussion instruments.

All hamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off.

		O		
				O
O				
	I			
			D	

A

G	R	I	D	S
L	O	D	E	R
W	O	R	A	L
D	I	L	D	E
D	O	R	O	W

B

Last week's solutions
Flash Lento Angel Steel Holly

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

	5	7		4			6	8
6						3		
	9		8		1			2
		9	3	2				
	4	1				6	3	
5				1	4	8		9
4		5	7		8		9	
	3	2			6	1		7
				9	2		4	

Intermediate

2				8			4	5
3		4		9				
			3		7		8	
		6	7				2	
	4	1				8		
	2		8		4	5		6
	6		1		8			
		3				2		8
7	5			2			1	3

Difficult

	8		3		6		1	
	3		4		5		7	
7								6
8	7						3	1
3	5						8	2
2								5
	6		5		8		2	
	1		6		7		4	

Chichester
HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter
@chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

Property

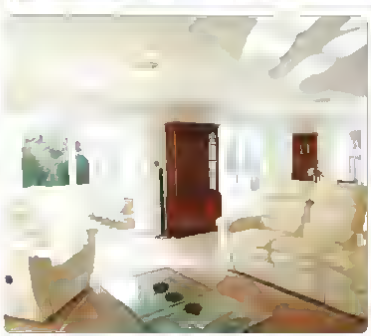
FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

FEATURE PROPERTY:
ALDWICK
£475,000

A spacious detached bungalow situated in a cul de-sac of the Aldwick Felds residential development. The property has had an extensive programme of extension & modernisation by the current owners. Large L shaped living room refitted kitchen/breakfast room further reception room with attached study conservatory master bedroom with en suite bathroom three further bedrooms refitted family bathroom, double garage and a large Southerly rear garden. EPC Rating C

For more information contact Coastguards Estate Agents on

01243 267026 www.coastguardsproperty.co.uk



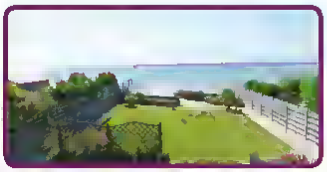
coastguardsproperty

6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguardsproperty.co.uk

ALDWICK **£850,000**

Detached house situated on the beach front of the Aldwick Avenue private marine estate. The enviable location allows panoramic sea views from many of the principal rooms and direct access to the beach from the rear garden. This well presented property includes g.f.h., u.P.V.C. d/glazing, cloakroom, sitting room, morning room, dining room, study, kitchen/breakfast room, utility area, master bedroom with balcony & en suite bathroom, 3 further bedrooms, second bathroom, double garage, courtyard front garden with parking for additional vehicles & a South facing rear garden. EPC RATING D



CRAIGWEIL PRIVATE ESTATE **£795,000**

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kitchen/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

ALDWICK **£650,000**

A Character house situated on a corner plot. The specification of this well presented property includes g.f.h., dble glazing, dual aspect lounge and sep. dining room, kitchen/breakfast room with conservatory extension, utility room, master bedroom with en suite shower room, four further bedrooms, family bathroom, separate w.c., garage and good size gardens. EPC Rating F

CRAIGWEIL-ON-SEA **£425,000**

A very well presented luxury apartment situated on the first floor in landscaped gardens with direct access to the beach. A good sized lounge with sep. dining area both offering views over the garden to the sea, sun balcony, master bedroom with sea views & en suite shower room, two further double bedrooms, bathroom, fitted kitchen, garage and delightful communal gardens. EPC Rating C

ALDWICK BAY ESTATE **£269 950**

A ground floor flat situated in a small development in private marine estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living room with doors opening to the West facing area of garden, fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING C

CRAIGWEIL-ON-SEA **£237,500**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach. G.F.H., u.P.V.C. double glazing, a 17' triple aspect living room, two double bedrooms, a refitted kitchen, refitted bathroom, a garage and a private South West facing rear garden. EPC Rating E

ALDWICK **£227,500**

A well presented two bedroom first floor apartment situated in a private marine estate with 150 yards of the gated access to the beach. G.F.H., u.P.V.C. dble glazing, attractive living room combining the lounge & kitchen with doors to South facing balcony, bathroom, allocated parking, South facing communal gardens. NO FORWARD CHAIN. EPC RATING B

Motors

Sponsored by Panther Truck Rental
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Driving under the influenza

THE COMMON COLD could be a car accident waiting to happen, as new research released today from Confused.com reveals that nearly one in in seven (13%) motorists who have taken cold or flu medication has suffered side effects behind the wheel as a result.

The findings from the leading price comparison site in partnership with the Royal Pharmaceutical Society reveal that nearly two thirds of motorists (64%) admit they've driven after taking cold and flu medication, despite the potential risks of drowsiness and reduced concentration levels.

According to the research, the most common side effects of driving under the influence of cold and flu medication include feeling lethargic (6%) and feeling drowsy(5%). Slower reaction times, low concentration levels and blurry eyesight were also listed as afflictions.

Yet when it comes to the recommended guidelines for taking cold and flu medication, many Brits are showing a flagrant disregard to the advice being given and warning information provided with the medication. The research highlights that a third of British adults (33%) admit to not reading the advice leaflet when taking medication to see if they could suffer from possible side effects, such as drowsiness and/or tiredness, which could make it unsafe for them to drive. And worryingly, nearly one in six (16%) Brits admit to exceeding the recommended dose too, which can also impair driving ability.

Whilst public awareness is higher around illegal drug driving, the effects of over the counter or prescription drugs on people's driving ability are not as well known. And with so many people running to the chemist for relief from the winter lurgies, Brits need to be aware of what other drugs these cold and flu medications may contain. In fact, more than two out of three (67%) Brits are unaware that cold & flu medication can contain alcohol.

Research shows that medicines that come in liquid forms are the most likely type of medication to contain alcohol, with the volume ranging from as low as 1% to as high as 18% in night time cold remedies – the equivalent of drinking a light liqueur before getting behind the wheel.

Many British adults feel strongly about drug driving, with more than one in six (17%) people calling for harsher penalties for those caught driving whilst under the influence of cold and flu medication. In fact, these motorists believe that cold & flu medicated drivers should be treated the same way by the police as those drivers caught under the influence of illegal drugs. In the last three years (2011-2013) UK police forces convicted 2,676 motorists who were driving under the influence of legal and illegal drugs – including codeine, diazepam and sleeping pills.

Gemma Stanbury, Head of Car Insurance at Confused.com says: "Many people across the UK at this time of year are regularly taking

prescription and over the counter drugs such as cold and flu capsules and cough mixtures. However many Brits are unaware that these drugs could have an effect on people's driving ability and by taking these cough and cold remedies it could be making them less competent behind the wheel.

"Whilst most people understand the dangers of drinking and driving, relatively few understand that driving, mixed with some over the-counter cold remedies could pose just as great a hazard.

"The research highlights that many motorists are failing to heed the warnings on certain medication and can find themselves becoming drowsy and dangerously tired at the wheel. Accidents caused by driving under the influence of cold and flu medication can easily be avoided by simply reading the safety information. Or if unsure motorists should ask the pharmacist or err on the side of caution and don't drive, as road safety and the safety of others should be a top priority for any driver."

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS FOR OVER 26 YEARS

7 DAYS CAR HIRE AT JUST £99.00 + VAT (£118.80 INC)

LUXURY 4 X 4 RENTAL TOO

AUDI Q5
FANTASTIC SPECIFICATION INCLUDING
FULL LEATHER
BANG AND OLUFSON SOUND SYSTEM
HEATED SEATS
SPORTS SUSPENSION

COMPREHENSIVE RANGE OF CARS AVAILABLE TO HIRE
EXTENSIVE VAN RANGE ALSO AVAILABLE - ALL AT GREAT RATES

www.panthertruckrental.co.uk e-mail enquiries@panthertruckrental.co.uk

West Sussex Trading Standards
Buy With Confidence
Approved Trader

CHICHESTER 01243 778109

FOLLOW US ON TWITTER
@chiherald

Sport

Football

At last… there's football as City get 4 points from 2 games

Saturday 1st March 2014
Sussex County League Division One
Hassocks 2 – 2 Chichester City

PERRY NORTHEAST, playing in only his second game of the season for Chichester, snatched a late equaliser at Hassocks on Saturday.

The boss of Portsmouth's Ladies team slotted the ball into the net from the edge of the penalty area just when it seemed City were about to leave empty-handed.

After an evenly-contested early spell, Chichester began to create several good chances and deservedly took the lead on 24 minutes when Joe Cromett got onto the end of a well-constructed move.

Frazer Smith then hit the woodwork with one of his typical long-range efforts before Hassocks moved up a gear midway through the second-half.

Phil Cault, who has proved to be Chichester's nemesis on so many occasions over the years, levelled on 65 minutes when the ball fell perfectly for him following a mis-kick and the striker made no mistake from short range.

The same player gave Hassocks the lead 5 minutes later although, towards the finish, fortunes changed again with all the attacking coming from Chichester. But with three clear chances failing to be converted, it seemed it wasn't going to be City's day until Northeast's last gasp goal secured a creditable 2-2 draw.

City: Ender, Sanashee, Northeast, Brookes, Hibbert, Kilner, Groom, Hegarty, Cromett, Landais, F Smith. Subs: Williams, Forty, Blatchford.

City move up four places

Tuesday 04 March 2014
Sussex County League
Division One
Worthing Utd 0 – 3
Chichester City

CHICHESTER had no difficulty in defeating bottom side Worthing United on Tuesday evening.

The fixture had a late switch to Oaklands Park due to floodlight problems at United's ground.

It took only four minutes for City to get off the mark, with George Landais converting from point-blank range after a cross from the right fell perfectly for him.

Worthing managed to compete for a while, and Chad Milner's header found the net on 33 minutes but was ruled offside.

City obtained a much-needed second strike on 55 minutes when a long ball into the goalmouth was scrambled over the line by Julian Boniface.

Victory was now certain and the remainder of the match was played out comfortably, with Landais breaking clear in the final minute and combining well with Frazer Smith who tucked the third goal home.

With other games called off, the result means Chichester move up four places to tenth in the Division One table.

City: Ender, Sanashee, Northeast, Boniface, Hibbert, Kilner, Groom, Hegarty, Brookes, Landais, F Smith. Sub: Williams.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	22	60
2	CROWBOROUGH ATHLETIC	26	49
3	LITTLEHAMPTON TOWN	23	47
4	EAST GRINSTEAD TOWN	24	46
5	HORSHAM YMCA	24	41
6	HASSOCKS	22	41
7	PAGHAM	24	35
8	DORKING WANDERERS	23	33
9	SELSEY	25	31
10	ST FRANCIS RANGERS	24	30
11	NEWHAVEN	22	29
12	LINGFIELD	22	29
13	LANCING	25	29
14	CHICHESTER CITY	25	28
15	WINGHAM	23	27
16	RYE UNITED	21	26
17	SHOREHAM	22	23
18	ARUNDEL	21	20
19	HAILSHAM TOWN	20	16
20	WORTHING UNITED	22	5

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	21	54
2	LOXWOOD	21	49
3	HAYWARDS HEATH TOWN	23	45
4	BROADBRIDGE HEATH	20	42
5	LITTLE COMMON	23	37
6	BEXHILL UNITED	24	36
7	WICK & BARNHAM UNITED	21	33
8	STEYNING TOWN	18	31
9	WESTFIELD	19	28
10	MILE OAK	18	+26
11	AFC UCKFIELD	21	26
12	STORRINGTON	23	21
13	BUSTINGTON	23	17
14	SEAFORD TOWN	24	16
15	SALTDEAN UNITED	21	16
16	OAKWOOD	18	15
17	MIDHURST & EASEBOURNE	20	12

+ 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	IFIELD	12	24
2	LANGNEY WANDERERS	8	22
3	SIDLESHAM	13	20
4	FERRING	10	19
5	BOSHAM	11	18
6	UCKFIELD TOWN	11	17
7	CLYMPING	13	15
8	BILLINGSHURST	14	14
9	HURSTPIERPOINT	16	13
10	BOTTINGDEAN VILLAGE	13	11
11	SOUTHWICK	13	8

Scrumptious, original and beautifully decorated cakes and cupcakes made to order, specialising in wedding cakes

Phone today to arrange a **FREE** *consultation!*

Wedding Kate

EXQUISITE BESPOKE WEDDING CAKES

01243 262933
07983 341399
@weddingcakekate
.com/WeddingKate
kate@weddingkate.co.uk

www.weddingkate.co.uk